

## Some Coping Strategies for Teens and Adults with ADHD

- **Do one thing at a time.**
- Each day, make a **list** of what you need to do.
- Plan the best **order** for doing each task.
- Then make a **schedule** for doing them.
- Use a **calendar** or daily planner to keep yourself on track.
- Break large assignments or jobs into **small, simple tasks**. Set a **deadline** for each task. **Reward** yourself as you complete each one.
- Create a **routine**. Get yourself ready for school or work at the same time, in the same way, every day.
- **Write things you need to remember** in a **notebook** with dividers. Write different kinds of information in different sections (homework, appointments, & phone numbers). **Keep the book with you always.**
- Give yourself short **breaks**.
- Work in a **quiet** area.
- Exercise, eat a balanced diet and **get enough sleep**.
- Post notes to yourself to help **remind yourself** of things you need to do. Tape notes on the bathroom mirror, on the refrigerator, in your school locker, or dashboard of your car-- wherever you're likely to need the reminder.
- **Store similar things together**. For example, keep all your Nintendo disks in one place, and tape cassettes in another. Keep canceled checks in one place, and bills in another.
- When necessary, ask the teacher or boss to **repeat instructions** rather than guess.

Adopted from:

Weinstein, C. "Cognitive Remediation Strategies." *Journal of Psychotherapy Practice and Research*. 3 (1):44-57, 1994.