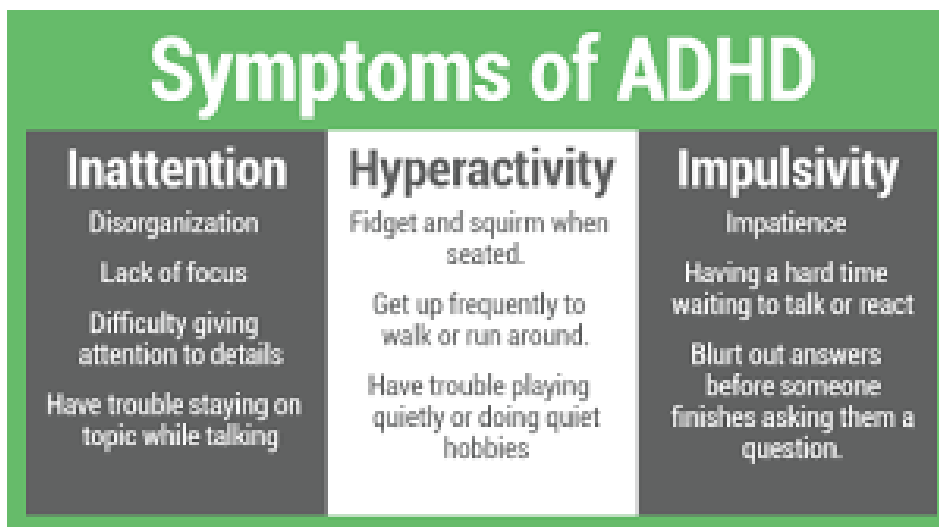


ADHD Worksheet

Following are the three major domains in which one can divide the symptoms of ADHD



Follow the tips below to manage your ADHD symptoms:

.You should never over-expect, know your limitations and weaknesses. Don't get excited, set realistic goals, make a schedule, structure the routine and then assign the work to your child.

Create a time table:

While you are making a time table and planning a routine, always remember to be flexible and add a good amount of activities to keep yourself or the person with ADHD busy, mentally as well as physically. The time table is very important to deal with, especially when dealing with children.

Divide your tasks

Your child cannot sit for more than an hour, so whenever you are going to introduce the work, break it into small activities, even if it's brushing their teeth, break it into 3 steps

Play with the pets:

Playing with pets calms you down and takes away your negative energies.

Connect with nature:

Nature has a calming and relaxing quality. It takes away your worries and soothes your senses

Limit the distractions:

Declutter and organise and only include the things that are really important for you to manage.

Play with clay:

Playing with clay has relaxing tendencies, moulds and mushy things reduce tension and excessive anxiety.

Relaxation:

Relaxation techniques are powerful techniques for learning to live in and enjoy the moment. Simply speaking, meditation is an exercise for your brain. When practised regularly, meditation appears to decrease activity in the areas of the brain associated with negative thoughts, anxiety, and depression.

Exercise:

Go for a walk or a swim. Anything that relaxes your mind and gives you peace of mind. Physical exercise is very important, running releases endorphins. Exercise isn't just good for the body. It also has a powerful effect on mental well-being. People who exercise regularly are happier across the board. Plus, they're also less stressed, angry, anxious, and depressed.

It doesn't really matter what kind of exercise you do, so long as you do it regularly

Set timers and reminders:

Since with ADHD you tend to lose a little too much attention and focus hence it is important to add reminders to your phone or use sticky notes on your computer to remember things to be done.

Limit the screen time:

Screen time also enhances the impulsive nature and it is very important to connect physically with each other rather than using gadgets and social media platforms.

Step 1: Decide the Task- (Write one task that you need to complete).

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Step 2: Break the task into smaller manageable tasks. (With timeline & deadlines)

Breakdown of Tasks	Time	Deadline for each task

Step 3: Create a Time table

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References

[Antshel, K. M., & Olszewski, A. K. \(2014\). Cognitive behavioral therapy for adolescents with ADHD. *Child and Adolescent Psychiatric Clinics*, 23\(4\), 825-842.](#)

[Ramsay, J. R., & Rostain, A. L. \(2012\). *Cognitive-behavioral therapy for adult ADHD: An integrative psychosocial and medical approach*. Routledge.](#)

You can download more Mental Health worksheets [here](#).

Please note: There may be a more up-to-date and editable version of this worksheet available [here](#) which may be more suitable to present to clients if you are a therapist or to use in a classroom as a teacher or guidance counsellor.