

# Worksheets for ADHD

## **Remember one thing at a time:**

Don't try to multitask and focus on a lot of things.

## **STOPP:**

Look around and STOPP, Stop the reaction and Think- give yourself time to reflect, analyze, take a breath, and then Act.

## **Take a moment:**

Whenever you feel out of your control and want to react immediately right after the action then start counting, the rule is to count to 10 before you speak.

## **Engage yourself somewhere else:**

Try to engage your mind in something productive or that keeps your mind busy. Try to get rid of the negative thoughts and behaviours.

## **Divide your tasks**

Your child cannot sit for more than an hour, so whenever you are going to do something that needs a lot of detailing and persistence. Divide the tasks into smaller and less complex steps.

## **Connect with nature:**

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

## **Limit the distractions:**

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

## **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 practiced 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 a smaller manageable task.** (With timeline & deadlines)

| Breakdown of Tasks | Time | Deadline for each task |
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