



SAM LEWIS THERAPY
TRAUMA & NEURODIVERSITY
SPECIALIST

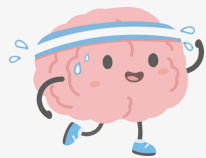
ADHD Coping Strategies



Ugly Plan

Write down just 2-3 small tasks.

Keep them simple, realistic and achievable.



Regulate First

Feeling stuck? Move your body, breathe, or step outside for a few minutes.

A calmer brain finds it easier to start.



Regular Breaks

Set a timer and take short breaks.

Rest before you feel overwhelmed.



Externalise Your Brain

Don't rely on memory.

Use notes, reminders or a whiteboard to keep track of what matters



Self-Compassion

ADHD isn't laziness.

Speak to yourself with the same kindness you'd offer a friend.