

# ADHD Focus Tips

10 STRATEGIES TO WORK WITH YOUR BRAIN

PRACTICAL GUIDE

## 01 PRIORITIZE SLEEP

Aim for 8–9 hours nightly with a hard minimum of 7. Sleep-deprived ADHD brains have significantly reduced regulation and focus capacity — sleep is non-negotiable.

## 02 FEED THE BRAIN

Protein in the morning stabilizes focus. Fatty fish like salmon 2–3x per week fuels neural health. Daily probiotics support the powerful gut-brain connection.

## 03 PROTECT PEAK HOURS

Guard your highest-focus windows fiercely. Reserve your peak mental energy for demanding work — never waste it on emails or low-stakes admin tasks.

## 04 SHRINK THE TASK

Don't aim to finish the whole project. Just write the first sentence. Just open the document. Starting tiny defeats the paralysis of overwhelm.

## 05 CREATE A FOCUS RITUAL

Light a candle, brew a hot drink, or put on noise-canceling headphones. A consistent ritual signals your brain: this is focus time. Repetition makes it automatic.

## 06 CLEAR YOUR SPACE

Actually put your phone in another room. Keep only a single task visible — your environment is your first and most powerful defense against distraction.

## 07 POMODORO TIMER

Work in manageable time chunks using a pomodoro timer — short focused bursts followed by brief breaks prevent burnout and keep momentum going.

## 08 BACKGROUND NOISE

Instrumental music or white noise anchors attention. Avoid anything with lyrics or words — language hijacks your language-processing brain and kills focus.

## 09 MOVEMENT RESET

2 minutes of stretching or light exercise clears brain fog fast. Physical movement shifts brain chemistry and resets attention when you feel stuck or scattered.

## 10 TRAIN ATTENTION

Just 2 minutes of mindfulness daily builds the focus muscle over time. Small, consistent practice rewires attention pathways more than you might expect.