

# ADHD

## Procrastination.

### Why do people with ADHD struggle

Research has found that those with ADHD measure significantly higher levels of procrastination than those who do not have ADHD.

people with ADHD might struggle to concentrate on certain tasks if they aren't in the optimal state for mental clarity and focus.



### Dopamine shortage

*Relevant or not, interested or not, all or nothing*

People with ADHD have a shortage of dopamine, the “feel-good” hormone. It is hard for them to feel happy if they are bored.

it might be challenging for them to finish a tough job at school or work because they are devoid of the emotional feel-good feeling that aids them in completing difficult tasks.



### Chronic Procrastination

Many adults with attention-deficit/hyperactivity disorder (ADHD) struggle with long-term procrastination due to a range of symptoms.

As result, working memory difficulties and inability to manage time are common features in the struggle with executive functions, leading to procrastination.

This procrastination can cause problems at work when job responsibilities aren't completed until the last minute.



## Its not about consequences its about urgency

### Time management and procrastination

Some adults with ADHD do their best when they work at the last minute. They are more motivated to finish the work and less likely to make mistakes. The closer they get to the deadline, the more focused they are and can complete complex tasks. This can be seen as a strength



# Procrastination. Strategies

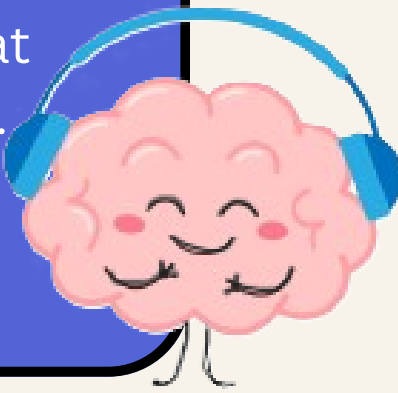
When ADHD and procrastination are both issues, finding ways to focus and create structure can help throughout daily life.

## Brain Waves for Optimal Focus

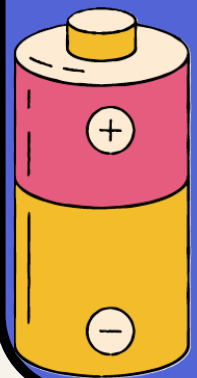
One of the more modern approaches to prime the ADHD brain is through the use of brain wave programming. Treatment can be as simple as listening to binaural beats for 12-15 minutes per day that will help regulate the brain waves into a more optimal way of functioning to focus and perform tasks.

**Beta-** You can do things that we do every day, like making decisions. Your brain will produce beta waves that measure around 12-35 Hz.

**Gamma-** when you are involved in solving problems. Your brainwaves go up to 35 Hz.



## Matching energy levels to tasks



Prioritisation of tasks and matching them with your mood and energy levels as there is. Understand your energy flow. When your energy levels are highest, schedule the most difficult work when you're awake and attentive. The same goes for when you lack energy; pick tasks that don't involve lots of attention.

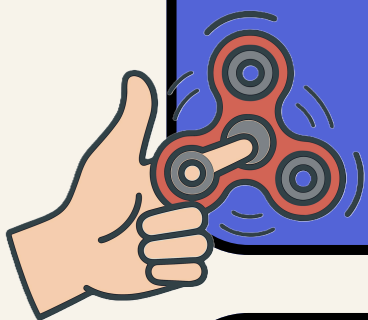
## Breaking tasks down into small bite-size steps

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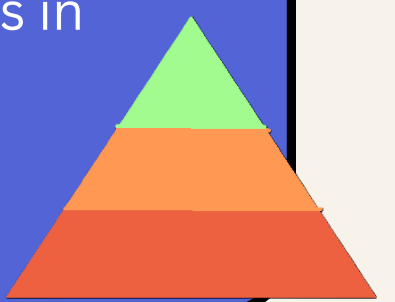
## Take breaks

The Pomodoro Technique: Work in short bursts of 25 minutes followed by a 5-minute break. This can help maintain focus when you need to pay attention for longer periods. It doesn't have to be 25 minutes - pay attention to how long it takes you to get distracted.



## Prioritization

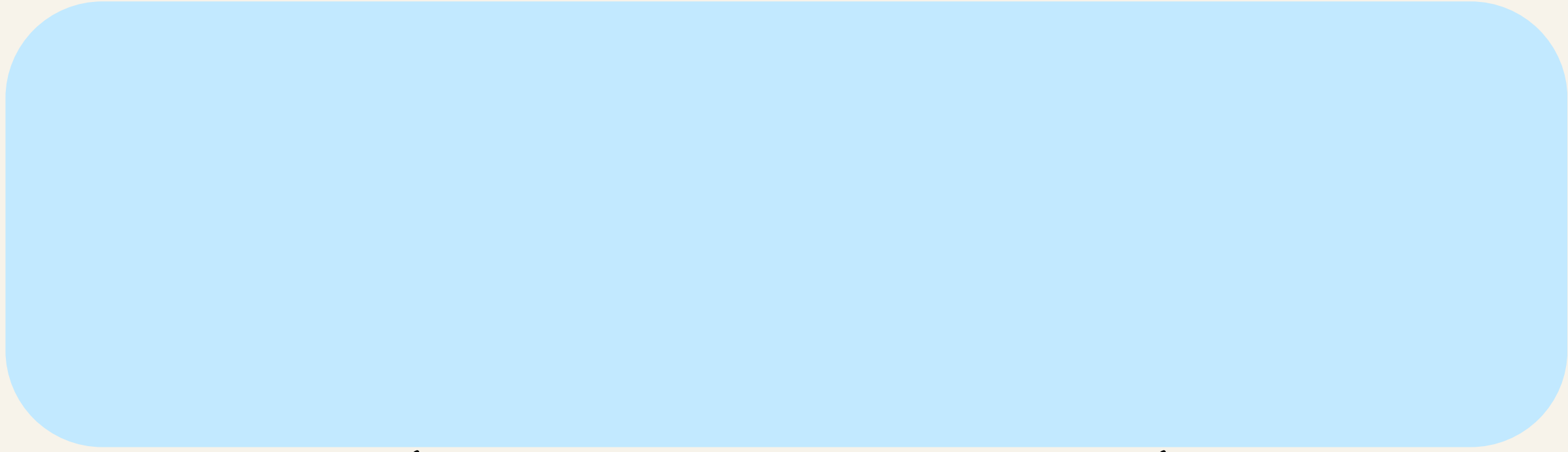
Prioritization Methods: Sometimes not knowing what to start with can paralyze and overwhelm us. Use tools like the Eisenhower Matrix to sort tasks by urgency and importance. This helps in distinguishing between what needs immediate attention and what can wait.



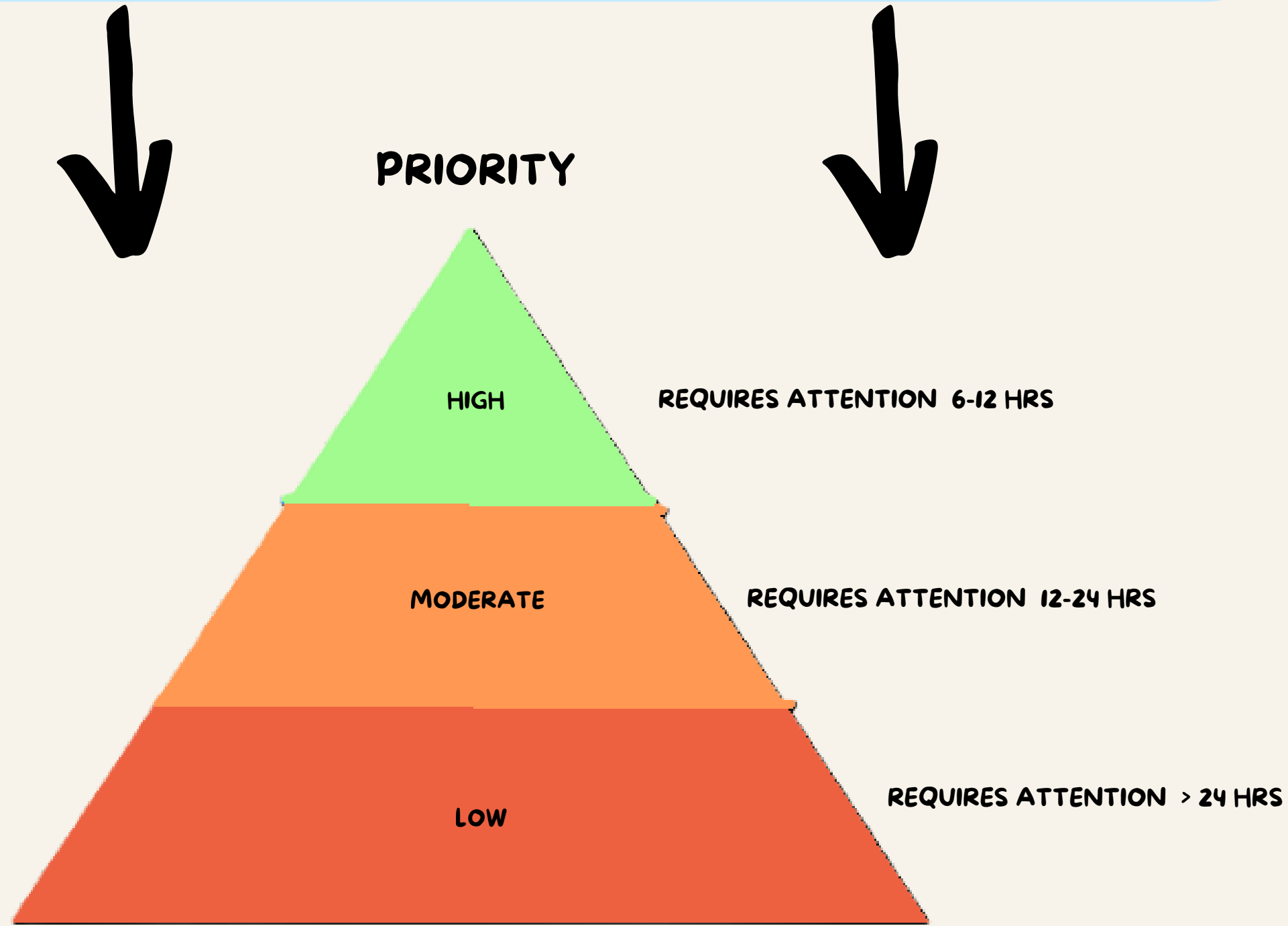
# TASK MANAGEMNET

1

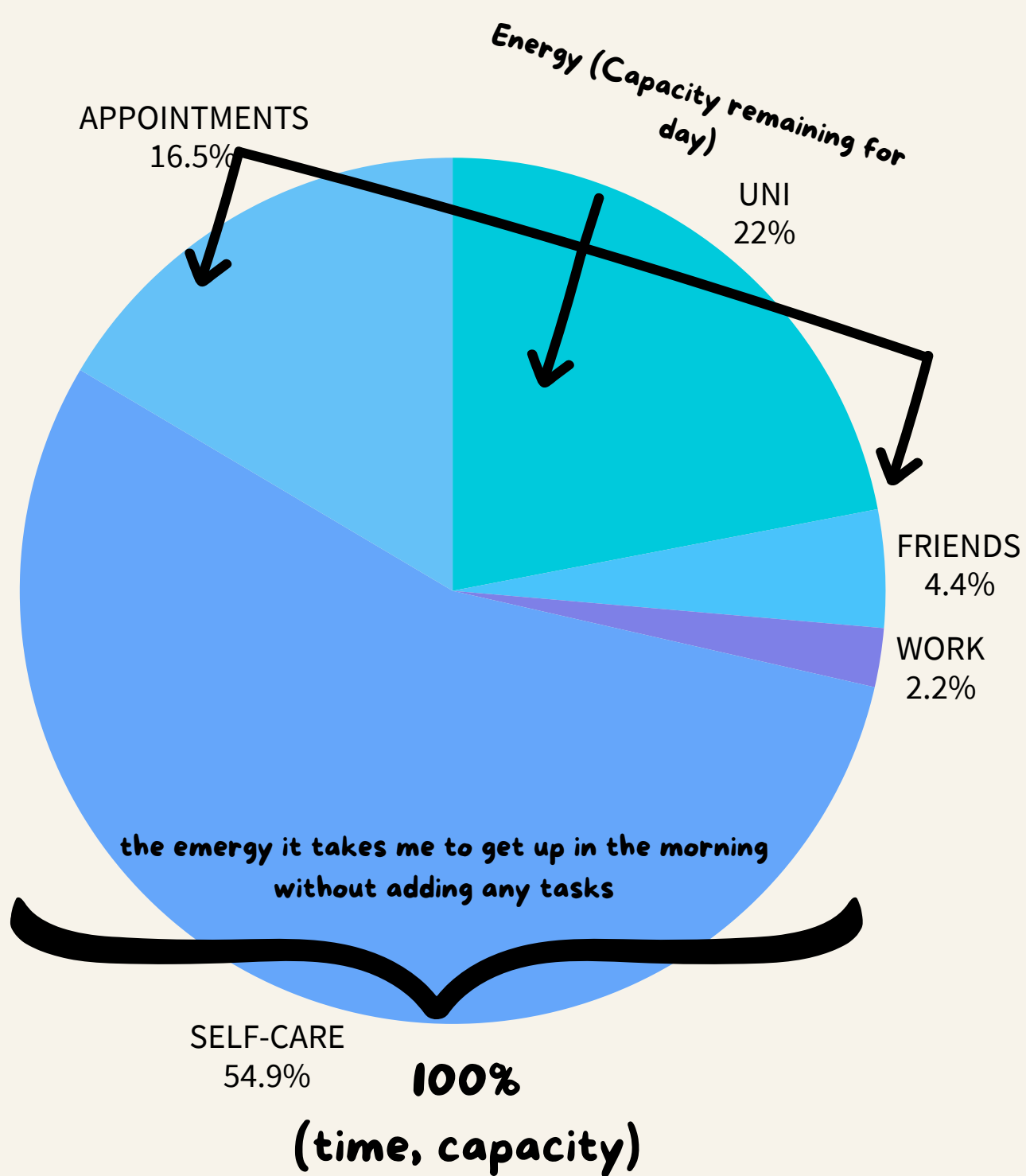
LIST ALL TASKS THAT ARE NEEDING TO BE COMPLETED



2



3



**TASKS**

**HOW MUCH ENERGY DOES IT TAKE?**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**TOTAL** \_\_\_\_\_%



# BREAK DOWN TASKS

When we face a large task, it's easy to feel overwhelmed and unsure of where to start. Breaking it down into smaller steps can help make it feel more manageable and less daunting. Here are some ways to do that

Use a mind map or diagram to group tasks

Mindmaps and diagrams are powerful techniques that help you see how small and big tasks are connected. Because mind mapping mirrors our brain's natural associative thinking patterns, the method aligns perfectly to help us understand tasks better, and it's one of the best methods for creatives.

**STARTING POINT**



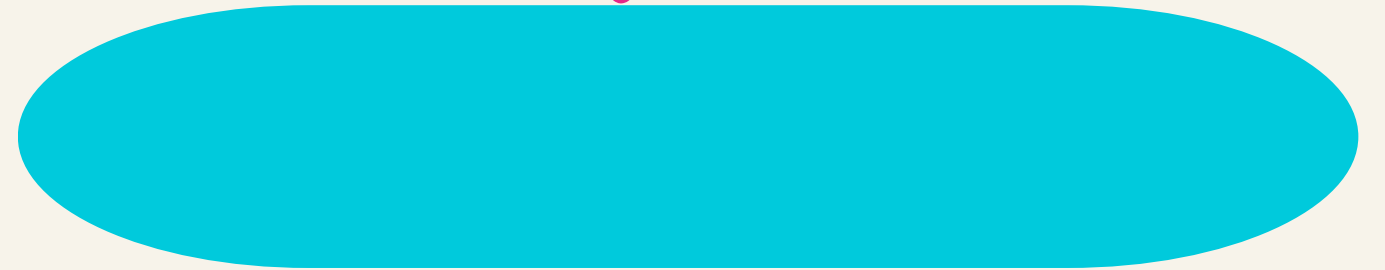
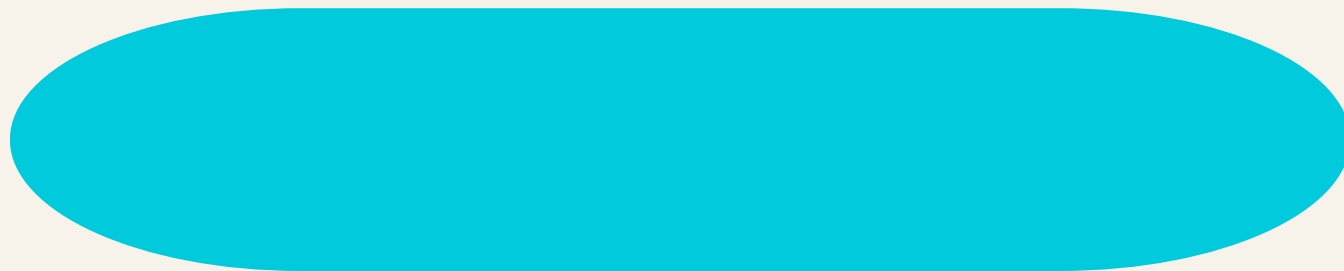
define your goal or problem



**STEP 1**



Identify the main components or subtasks



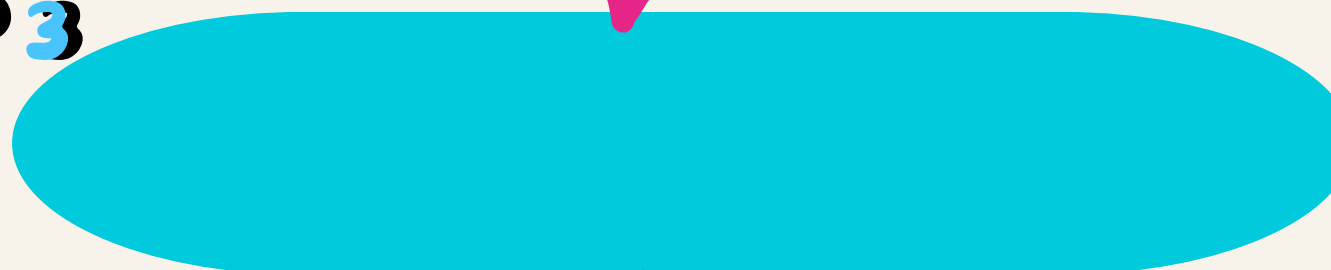
**STEP 2**



Break down each component or subtask into smaller steps



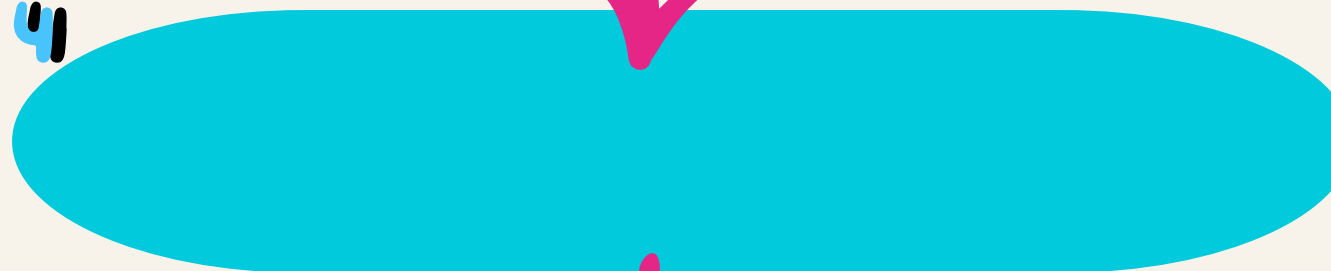
**STEP 3**



arrange your steps into a logical order



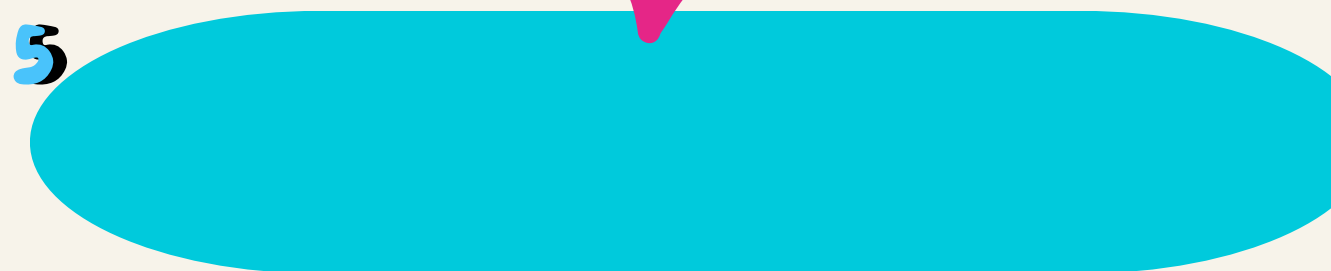
**STEP 4**



write down your checklist and use it



**STEP 5**



What do you hope to achieve by completing the task? This will help you break it down into smaller, more specific steps.

