

YOU FOCUS

6 TIPS FOR YOUTH STRUGGLING WITH ADHD

1 UNDERSTAND YOUR ADHD

- Learn about ADHD symptoms and how they affect you.
- Recognize your strengths and challenges to develop coping strategies.



2 ORGANIZE YOUR ENVIRONMENT

- Create a structured routine for daily tasks and activities.
- Use tools like calendars, planners, or apps to manage schedules and deadlines.



3 BREAK TASKS INTO MANAGEABLE STEPS

- Break down big tasks into smaller, more manageable parts.
- Set achievable goals and reward yourself for completing each step.



4 PRACTICE TIME MANAGEMENT

- Use timers or alarms to stay on track and manage time effectively.
- Prioritize tasks and allocate specific time slots for each activity.



5 DEVELOP COPING STRATEGIES

- Identify triggers that worsen your ADHD symptoms and find ways to manage them.
- Practice relaxation techniques, mindfulness, or physical activities to reduce stress.



6 SEEK SUPPORT AND GUIDANCE

- Build a support network of family, friends, teachers, or counselors who understand ADHD.
- Consider therapy, coaching, or support groups to learn new skills and strategies.



YOUFOCUS

5 Practical Tips for Training Youth with ADHD



1. Create Structured and Predictable Environments

- *Consistent Routine:* Establish a clear schedule for activities and stick to it. This helps individuals with ADHD know what to expect and reduces anxiety.
- *Visual Timetables:* Use visual aids like charts, calendars, and schedules to outline daily activities. This can help participants better understand and remember the structure of the day.



2. Use Engaging and Varied Teaching Methods

- *Interactive Activities:* Incorporate hands-on activities and interactive learning to maintain attention and engagement.
- *Break Tasks into Smaller Steps:* Simplify tasks by breaking them down into manageable steps, making it easier for participants to follow and complete them.



3. Provide Clear and Concise Instructions

- *Simple Language:* Use straightforward and simple language when giving instructions. Avoid long, complex sentences that might be confusing.
- *Repeat and Reinforce:* Repeat important information and provide written instructions as a reference to ensure understanding.

4. Incorporate Movement and Breaks

- *Physical Activity:* Include short physical activities or movement breaks to help release energy and improve focus.
- *Frequent Breaks:* Schedule regular short breaks during longer training sessions to prevent fatigue and maintain concentration.



5. Create a Positive and Supportive Atmosphere

- *Positive Reinforcement:* Use praise and positive reinforcement to encourage and motivate participants. Focus on their strengths and achievements.
- *Open Communication:* Foster an environment where participants feel comfortable discussing their needs and challenges. Actively listen and respond empathetically.

