# F.O.C.U.S.E.D

These strategies can help you manage ADHD symptoms so you can stay focused and feel more successful. If you would like professional support, please visit the CAPS website for additional information and resources: caps.ucsd.edu



### O.rganization

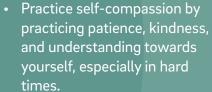




#### Use a calendar system and task lists to plan and stay on track.

- Break down large tasks into smaller ones and prioritize tasks.
- Time blocking: Divide your day into smaller blocks, remove distractions during that time and use timers to stay on schedule.

#### **C.**ognitive Strategies



• Reframe negative/unhelpful thoughts and replace them with more realistic ways of thinking.



If you are having difficulty managing symptoms, you may want to reach out to professionals – counseling and medication can help. To learn more about services offered, visit the CAPS website.



#### S.leep

Food

Eating a nutritionally balanced

diet and staying hydrated

helps our brain stay focused

suggests making half your

and regulate our mood. USDA

plate fruits & vegetables, make

half your grains whole grains,

vary your protein, and eat less

sodium, saturated fat, processed

and fast food, and added sugars.

Sleep impacts our learning, memory, and mood. Good sleep habits include maintaining a regular sleep routine, creating a comfortable and quiet setting, and blocking out distractions (light, technology, etc.). Avoid daytime naps, looking at screens in bed, and caffeine or alcohol 4-6 hours before bed.

### E.xercise



Exercise helps us relax and focus the mind & body while also improving mood and our ability to cope with stress and anxiety. A general goal is to get at least 30 minutes of physical activity a day. Check out UCSD Recreation for fitness classes and resources.

## **D.**estress

