



# ADHD

UNDERSTAND • STRATEGIZE • SUPPORT • THRIVE

Different  
Brains  
Brighter  
Tomorrows ♥

## SMALL STRATEGIES. BIG IMPACT.

Practical tools to work with your brain, not against it.

### 1 GET CLEAR

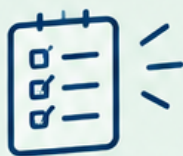
Know what you need to do and why it matters.



*"A clear plan helps my brain focus."*

### 2 BREAK IT DOWN

Make tasks smaller, more manageable and specific.



*"Small steps lead to big progress."*

### 3 CREATE SUPPORTS

Use tools, routines and your environment to set yourself up for success.



*"My environment supports my success."*

### 4 BE KIND TO YOURSELF

Progress isn't perfect. Keep going, adjust and try again.



*"I'm doing my best and that is enough."*



### IMPORTANT THINGS TO REMEMBER

- ADHD is a neurodevelopmental condition, not a lack of effort.
- Strengths often include creativity, big-picture thinking, problem solving and enthusiasm.
- Challenges with attention, organization, time management and impulse control are common.
- You are not lazy. You are not broken. Your brain works differently.
- With the right supports and strategies, meaningful change is possible.

*Different  
not less. ♥*



### PRACTICAL STRATEGIES FOR EVERYDAY LIFE



Use a calendar or planner. Get it out of your head and on paper (or a device).



Try timers (e.g., 10–25 minutes) to build focus and momentum.



Create simple routines for mornings, evenings and transitions.



Keep your environment organized and reduce distractions.



Use movement, fresh air and regular breaks.



Celebrate progress, no matter how small.

SMALL STEPS  
MAKE A BIG DIFFERENCE.



### WHEN THINGS FEEL OVERWHELMING...

- Pause and take a breath. You can reset.
- Focus on one thing at a time.
- Use a grounding technique: 5 things you see, 4 you feel, 3 you hear, 2 you smell, 1 you taste.
- Remind yourself: "I can do hard things" or "This is a moment, not the whole day."
- Reach out for support. You don't have to do it alone.
- Consider working with a psychologist for ADHD assessment, individualized strategies and ongoing support.

*Progress  
over perfection. ♥*

PREVAIL PSYCHOLOGY & WELLNESS

HEAL | GROW | THRIVE

SAME YOU.  
A BRIGHTER TOMORROW.

This resource is for psychoeducational purposes only and is not a substitute for professional assessment, treatment or individualized advice.