

ADHD

Follow these tips to cultivate a productive work environment. These tips also serve as a guide to support those who experience ADHD. The **Pomodoro Method** is a time management technique that can improve focus for anyone.

- ✓ Keep a Schedule
- ✓ Visual Reminders
- ✓ Organize Your Work Area
- ✓ Find a quiet place
- ✓ Block out distractions
- ✓ Break up tasks into smaller items
- ✓ Reward Yourself for Completing Tasks

The Pomodoro Method

Work for 1 Pomodoro



After Each Pomodoro
take a 5 minute break



After 4 consecutive cycles,
take a longer 25 minute break



25 Minutes = 1 Pomodoro