

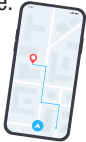







JANUARY 2022

~~Re~~Solutions from **ADDITUDE** readers

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>2 Paper calendars provide a visual, tactile receptacle for your thoughts and reminders. additu.de/visual</p>	<p>3 Make 3 lists every day: 4 things you must do before bed; 4 things you'd like to do; and 4 things you just need to write down.</p>	<p>4 Block out chunks of time to <i>not</i> answer the phone, respond to texts, read email... additu.de/do-not-disturb</p>	<p>5 Keep a Donate bag or box in the laundry room to sort out clothes that no longer fit.</p> 	<p>6 Use the Boomerang app to send pre-written emails on birthdays and anniversaries. additu.de/bdays</p>	<p>7 Buy a giant, beautiful basket for all those sneakers and flip-flops scattered around your house.</p>	<p>1 Reply to every text chain — even if it's just an emoji.</p> <hr/> <p>8 Text yourself reminders — and leave notifications on.</p>
<p>9 Try a routine — laundry on Tuesdays and Fridays; grocery shopping on Saturdays; meal-planning on Thursday nights.</p>	<p>10 A “brain dump” before bed may help you sleep better and prepare for tomorrow.</p> 	<p>11 Say “no” to requests and ask for downtime. additu.de/just-no</p>	<p>12 After work, perform a “10-minute tidy up” before doing anything else.</p>	<p>13 Use a screen reader to listen to emails and texts. additu.de/extensions</p>	<p>14 Schedule a drive using the Waze app, and it will tell you when to leave.</p> 	<p>15 Set a timer for 15 minutes and focus on one household task. If an idea pops into your head, write it down for later. additu.de/timetools</p>
<p>16 Set reminder alarms to call someone, anyone, one night a week. additu.de/reach-out</p>	<p>17 Touch mail once: Bring it in, open it, and file accordingly. Don't even open junk mail.</p>	<p>18 The Paprika app creates a grocery list based on the recipes you find online.</p> 	<p>19 Give other people permission to point out the time and to send you reminders — and thank them.</p>	<p>20 Write to-do items on colorful Post-Its that you can toss when they're complete. additu.de/post-it</p>	<p>21 Use smart home devices to set reminders for household tasks, departure times, and deadlines.</p>	<p>22 Quick tidy-up tip: Anything that doesn't have a home goes into a “doom basket.” additu.de/home</p>
<p>23 Use false (early) dates for deadlines.</p> 	<p>24 Stop forgetting about fresh vegetables in your fridge drawers. Move them to the middle shelves so they stay in sight.</p>	<p>25 Don't apologize for yourself. You are doing your best. additu.de/quotes</p>	<p>26 Set your smart watch alarm to go off in 30-minute increments as gentle focus reminders.</p>	<p>27 Working from home? Use your 5-minute breaks to tidy one small area. additu.de/tidy</p>	<p>28 Assign each family member <i>one</i> cup that they rinse between uses.</p> 	<p>29 Log each appointment in your journal or planner, phone calendar, and office calendar to reinforce it. additu.de/plan</p>

30 Break down to-do lists into teeny-tiny tasks, so you can regularly cross things off. additu.de/gsd

31 Limit your socializing to one-on-one, when possible.



“Most systems for planning and organization are built for neurotypical brains. You must create your own ‘owner’s manual’ for your ADHD brain.”

—William Dodson, M.D.

additu.de/2022