



## 10 Easy Ways I Manage My ADHD Symptoms

1. I set alarms for everything. When I need to leave, when I need to start something, when I get to (or am nearby) the store.
2. I record everything, because otherwise I'd forget. I have my planner at home or use the recording part of my phone.
3. I found that "safe place" and I stick with it. You know - all that stuff you put in a safe place and can't find? I know where mine is, and if I forget, it's in my phone under contacts.
4. I have about 3 - 5 meals that I can make quickly and keep in the freezer or pantry. Frozen pizza (gluten free!), pasta, cooked chicken and ground beef. I try to keep them stocked at all times. I use my [all inclusive grocery list](#) to make sure.
5. I buy multiples of things we were always losing, misplacing, or running out of. Cheaters, nail clippers, socks, underwear, whatever. I learned the hard way how expensive it is to replace the new keys you get with cars these days. If you are always losing yours, tag them so you can find them. You can get a [set of 4](#) on Amazon for under \$20.
6. I use subscription services for a lot. Cleaning products, produce, and Amazon for almost everything else! If the dog ever finds a food she's willing to eat, I'll subscribe to that too. Honestly, you don't pay any more money (sometimes it's less) and you don't have to go get it. Subscribe!
7. Auto everything. I figured out how much our bills are each month, put that amount in a separate account, and then auto pay everything.
8. I don't mind email, I kind of like it, but I hate Gmail. [Unroll me](#) at least helps me keep it somewhat under control.
9. I irritate a lot of people because my phone is always set to silent. If I want to hear from anyone, I do it on my time. That lets me focus and get things done without interruption. If you aren't as heartless as me, you can set your phone so the people you specify get through even if it is on silent.

10. I practice the Dump List and the Sunday Night Plan. When I'm feeling frazzled, the Dump List helps me feel better by getting it all out.
11. One more - systems, rituals, habits. My life runs on them.
12. Last one - I know my weaknesses and I do what I can to work around them or compensate for them. For instance, I overthink and overanalyze everything; I ask everyone for their opinion and do tons of research. Most of the time, the decision wasn't worth all that effort. Now I try to recognize when I'm doing that, take 10 minutes tops, and make a decision. Maybe a quick pro and con exercise, then decide. And try to stop obsessing over the decision I made the first time. (Root cause - low self esteem. No confidence in your own abilities. I try to remember that too, because when I think about it that way, it helps.)