

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