



Thank you for following along on social media. I am so excited to share this "cheat sheet" with you!

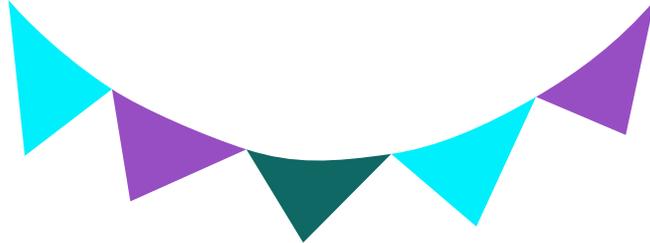
## 5 Strategies to help you stay focused when you work from home with an ADHD Brain!

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# **5 Strategies to help you stay focused when you work from home with an ADHD Brain!**

**Whether you have a diagnosis of ADHD, Executive Functioning Weaknesses, suspect an ADHD Diagnosis or get distracted while working from home for any reason... this list is a must read!**



## 1. **Accepting and honoring who you are!**

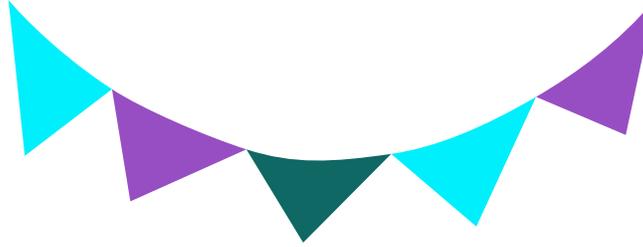
When I finally, sometime in my 40's realized that my creativity was actually a useful asset and not a defect to be fixed my professional and everyday life became so much better! Allowing for the free flow of ideas daily is key to my success as an entrepreneur. I now work with this strength instead of trying to eliminate it!

## 2. **Balance!**

Sometimes my brain craves the stimulation of wandering through the internet. I'll open just enough tabs that my computer can still function and flip back and forth from the FAAB social media pages to my latest blog drafts, to an article I'm writing. This is actually productive in small doses, it fosters creativity! Creativity can be a major ADHD gift and we want to allow for it. So here is how I allow for creative flow without getting totally sidetracked. I set my visual timer for 20-30 minutes and enjoy it guilt-free! Once that timer goes off, it's time to tackle the "to-do" list!



Click this picture to see my favorite visual timers! I use these multiple times a day!



### **3. Stay on track with your schedule:**

For those of us working at home, gone are the days of clients waiting in the waiting room, or a receptionist letting us know our 3:00 has arrived! As a private practice therapist with back-to-back telehealth clients, I need to stay on track with session times. Not only do I do this for my clients' benefit I also want to protect the 5-minute cushion between patients so that I can refill my water bottle and take a deep breath or two! I use my original large time timer for this task and turn the auditory feature off, so I don't disrupt my client's talking when our time nears an end. This allows me to inconspicuously look over and see a quick visual of how much time is left without having to constantly look at a clock and then do the math! I can easily see if we've used a quarter, half, or more of our time. As a bonus, my pediatric clients like it if I put the timer in camera view so they have this visual tool at their disposal as well. No matter what your meetings are for, ending them on time is essential in staying on track!

### **4. Build in breaks and use them wisely!**

I make sure to take full advantage of these short breaks to:

- Refill my water bottle-hydration leads to a more sustainable attention span for me
- Grab a snack- If I don't remind myself to eat, I may forget! I keep snacks right next to the desk that is high in fat and protein and sustains me until I get a full meal!



## 5. Find time to move!

Stretch, walk a lap around the house or switch out my office chair for my huge exercise ball! Any type of movement tends to refresh me for the next session! I work against my all or nothing thinking and mentally high five myself any time I move my body, whether it is a 20 minute walk with the dog or a 30 second stretch!

Want more ADHD Support?  
Click the computer,  
to see my ADHD Coaching Page!

