

F.O.C.U.S.E.D

These strategies can help you manage ADHD symptoms so you can stay focused and feel more successful. If you would like professional support, please visit the CAPS website for additional information and resources: caps.ucsd.edu

F.ood



Eating a nutritionally balanced diet and staying hydrated helps our brain stay focused and regulate our mood. USDA suggests making half your plate fruits & vegetables, make half your grains whole grains, vary your protein, and eat less sodium, saturated fat, processed and fast food, and added sugars.

O.rganization



- Use a calendar system and task lists to plan and stay on track.
- Break down large tasks into smaller ones and prioritize tasks.
- Time blocking: Divide your day into smaller blocks, remove distractions during that time and use timers to stay on schedule.

C.ognitive Strategies



- Practice self-compassion by practicing patience, kindness, and understanding towards yourself, especially in hard times.
- Reframe negative/unhelpful thoughts and replace them with more realistic ways of thinking.

U.tilize professional support if needed



If you are having difficulty managing symptoms, you may want to reach out to professionals — counseling and medication can help. To learn more about services offered, visit the **CAPS website**.

S.leep



Sleep impacts our learning, memory, and mood. Good sleep habits include maintaining a regular sleep routine, creating a comfortable and quiet setting, and blocking out distractions (light, technology, etc.). Avoid daytime naps, looking at screens in bed, and caffeine or alcohol 4-6 hours before bed.

E.xercise



Exercise helps us relax and focus the mind & body while also improving mood and our ability to cope with stress and anxiety. A general goal is to get at least 30 minutes of physical activity a day. Check out **UCSD Recreation** for fitness classes and resources.

D.estress



Relaxation & mindfulness strategies can help reduce stress and build self-awareness which helps to counteract impulsivity. Some relaxation and mindfulness strategies include: deep breathing, yoga, meditation, progressive muscle relaxation, and engaging in hobbies. Check out **iFlourish** for additional resources.

UC San Diego

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