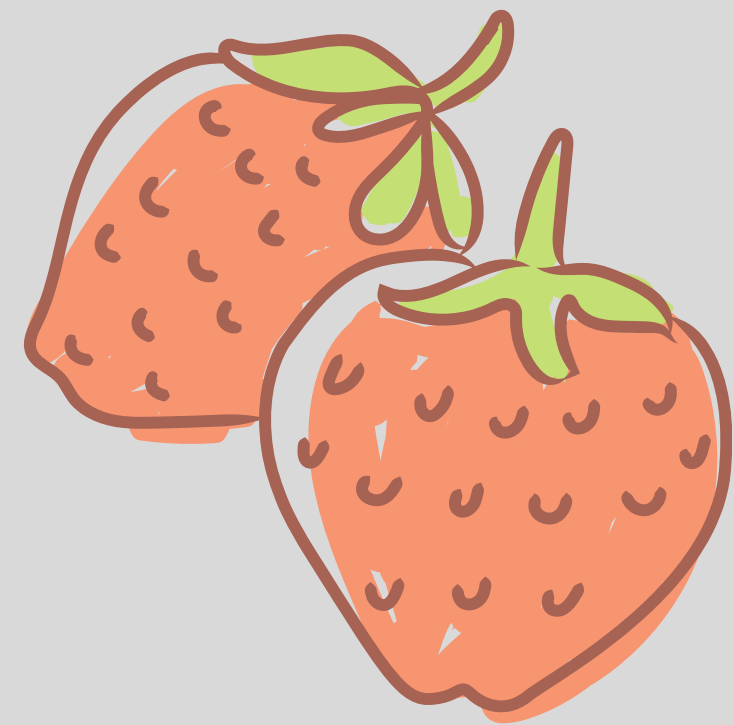


## Nutrition

- **Meal prep** simple dishes for the week
- Keep **snacks available**, especially when engaging in **large tasks**
- **Stay hydrated** and keep large bottles of water beside you
- Keep **reminders/timers** on your phone to eat on time



## Sleep

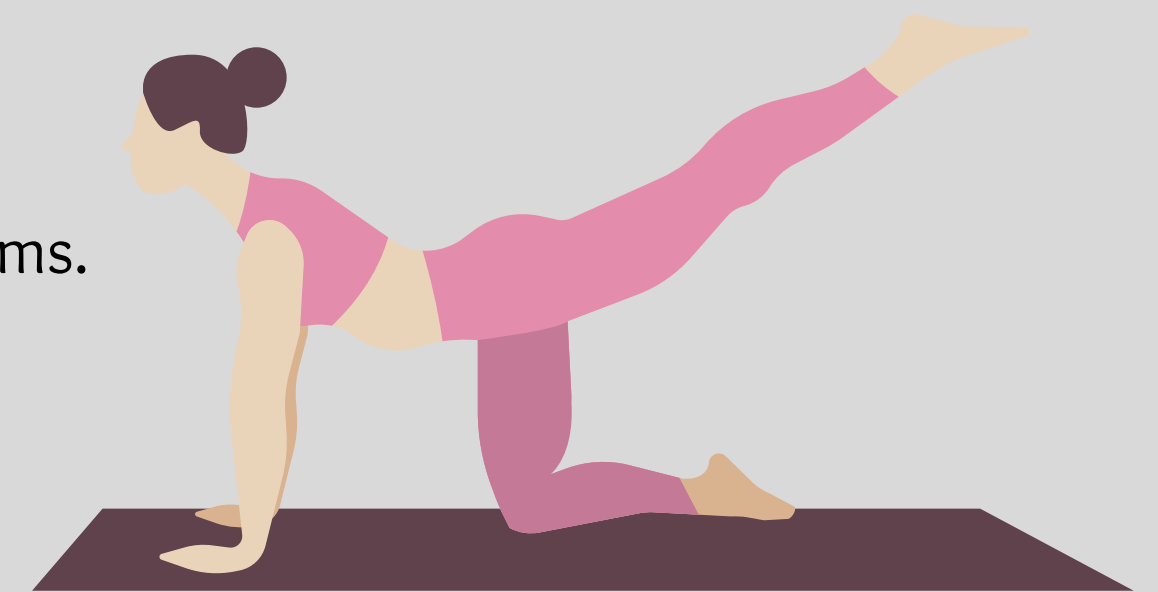
- Try a **bedtime routine**
- **Avoid screen time** or stimulating activities before you sleep
- Consider a short, **rewarding** activities to do in the **morning**, to motivate you
- Consider taking **afternoon naps** between long periods of work
- Consult a **doctor** about symptoms you are worried about



# Self Care with ADHD

## Exercise

- There is evidence that **regular exercise** can help with ADHD symptoms. Specifically, with executive functioning like memory, focus and task switching
- Keep a **flexible routine** to do **enjoyable** and **fun exercise**.
- Look for activities on **Meetup.com** or **exercise with friends**, to boost accountability



**Self-care is a priority, not a luxury!**