★ adhd tips ★

- make lists / planners ! this really helps me be more organised!

- organise stuff by colour ! (i have ocd too so this is great!)

- meditate, and just take time for yourself! i am constantly zoning out so this really helps me ♥

- find ways of working that help you! Listening to music helps me!

- as a girl, i always get looked over by things like being shy or inattentive when really I'm not, so talking to people can be good!

hope these help!! inspired by the one and only @harps_din0