Clarity Coaching
Embrace Your Brain

Seeing Less

With ADHD, we often *see everything at once* and we're quick to make connections. This can be an asset when it comes to problem-solving and innovating, but it can also *easily trigger overwhelm* and *task-paralysis* when we're trying to get every day tasks done. Finding ways to "see less" helps!

STEPS

- Break jobs into smaller steps.
- Only look at one step at a time.

TIME

- Working for concrete blocks of time.
- Make it visual
- Just Start. You don't need to finish.

TASKS

- Use a Dump List for "thought downloads", but DON'T try to use this as a "things to do list"
- Only put a *few priorities* on your daily list.

CHOICES

- Limit the amount of choices
- Automate your choices

ENVIRONMENT

- Cover up areas of a room with a blanket while you work on others
- Notice when seeing items in your environment helps (makes things easier to remember) and when it hurts (visual overwhelm).

Less in Action

If you're overwhelmed, finding ways to can *see less* can help! Use the space below to write about a task/situation that you find overwhelming and choose ways you can see less!

Task or Situation:

What will I limit?

How will I do this?

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