

ADHD Focus & Workflows Resource Pack

Tools, prompts and references to support daily focus practice.

Why short, structured blocks work

Research on ADHD self-regulation shows that external structure (visible timers, predictable routines, accountability) substitutes for internal time awareness. Short focus sprints respect the nervous system and prevent burnout.

- Timed sprints build momentum without overwhelming working memory.
- Scheduled resets prevent dopamine crashes and allow sensory regulation.
- Recording micro-wins anchors confidence and counteracts rejection sensitivity dysphoria.
- Combining breathing, movement and body-doubling addresses biological, behavioural and environmental needs.

Sample weekly practice map

Adapt this outline to school, university or hybrid work. Consistency beats intensity.

Mon - Morning: 2x10-min focus blocks + 3-min breathing warm-up

Tue - Afternoon: 3x8-min sprint ladder + 5-min movement break

Wed - Admin Day: 4x6-min inbox triage with 90-second scroll resets

Thu - Deep Work: 2x20-min project blocks with accountability buddy

Fri - Review: Guided 4-minute warm-up + reflection note in progress jar

Resource library

Use these references with the downloadable planners on the Neurobreath site.

- Breathing orb script (page 3) - read aloud to classrooms or co-working partners.
- Focus sprint planner (page 5) - If-Then cues, movement boosters, hydration tracker.
- Digital hygiene checklist (page 7) - quick audit for phone, tablet and laptop settings.
- Advocacy talking points (page 9) - share with managers, SENCOs or study supervisors.