ADHD Tools Resource List

Quick links to printable planners, breathing menus and coaching prompts.

Printable toolkit overview

- Focus Sprint Planner - blocks, rewards, mood check and hydration prompts.
- Noise & Notification Audit - identify distractions and create "quiet hour" scripts.
- Breathing Menu - 4-2-6 paced breathing, silent box, and SOS 60-second reset.
- Body-Doubling Checklist - standards for virtual or in-person co-working rooms.

Digital tools worth testing

- Time-blocking apps (Motion, Sunsama, Reclaim) to auto-schedule focus sprints.
- Visual timers on wearable devices with gentle haptics.
- Browser tab guardrails (Limit, LeechBlock, One Sec) to insert choice points before scrolling.
- Shared check-in boards (Notion, Trello) for team visibility without micromanagement.

Conversation starters for workplaces

Use these prompts to ask for adjustments under the UK Equality Act or Access to Work.

[ ] Protected focus windows with fewer interruptions.
[ ] Agreed written follow-up after meetings or verbal instructions.
[ ] Option to use noise-dampening headphones or quiet spaces.
[ ] Flexible scheduling for medication side effects or therapy appointments.