

title: **Focus, Getting Shit Done, Coffee and Hacking the brain**

num_comments: 4

num_up_votes: 23

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Post Text

Trying to juggle a career, health and opening a side-hustle is not easy. I feel I can program well, but when it comes to the math stuff, I have to draw it out, it's like the visual structure of how things fit into each other, that I get super fast, but getting into excessive details yeah annoying, and don't tell me how to split a task. I've recently been experimenting with a lot of things, I've even used my mother as a test-subject haha So the ability to Focus on the boring tedious shit, that stuff is fixed, I still have some issues remembering the details, I'm amazed how my co-workers can simply remember stuff so easily, I have like dig deep into my memory, then it finally pops, for my co-workers its like easiest thing in the world. I've outlined a number of strengths I have over my non-ADHD peers:

- \- Visual design, and whole systems thinking
- \- Ability to think outside the box
- \- Seeing improvements that can be done

Then the minus points:

- \- Dividing a task into it smaller bits
- \- Estimating how long something will take
- \- Any sort of complicated mathematical manipulations where I can't visualize the process
- \- Details getting x done by z date

Comments

Commenter_2

ID: REDACTED! ~(o.o)~ <3, Upvotes: 3

Bullet Journaling has helped me a lot in this. Even without going full BuJo you can use todo lists and outline a task into its parts. Think of this like completing code with todo objects. Fill in the highest level of goals and then figure out what needs to be done for that to be considered complete. Agile practice pivots largely on a "definition of done" and if you can define what it means for each task to be "done" then you have a clearer view of what needs to be completed to achieve that. Think of it like outlining (if that helps).

After you can see what smaller tasks are a part of the bigger task then it is much easier to estimate the time. With time estimation you should also consider how much of your time will actually be fruitful. In my job we usually consider 20% of our time to be spent with meetings and administrative stuff. You should also consider that any interruption of 5 minutes can result in 45 minutes of work just to get back to where you were before the interruption.

Keep in mind that the things you are dealing with are largely the biggest issues in programming (that aren't just naming things). These are skills that set apart a more senior developer from the juniors.

Commenter_3

ID: REDACTED! ~(o.o)~ <3, Upvotes: 1

Nice- keep it up!

Unknown_User

ID: REDACTED! ~(o.o)~ <3, Upvotes: 1

I have a lot of systems that I use that keep me somewhat functional but I have difficulty following them. I'm working with an ADHD therapist on refining these.

Are you on medication?

I just started adderall today and am hoping it helps me stick to systems better. I've already noticed my thoughts slowed down a bit at minimal dosage.

OP

ID: REDACTED! ~(o.o)~ <3, Upvotes: 1

I have a prescription of Ritalin but I rarely use it. Tbh I hate the stimulant crash. I've helped myself immensely going more natural routes and natural training. Not to say anything bad about drugs they are useful and have their place.

Currently also I am pushing myself to open a ADHD Focus mentoring practice on top of my day job... So here's a little bit of shameless self promotion here. :) It's been 14weeks of work to get to this stage.

I'm looking to help programmers/professionals enhance their brain power to melt through cognitively demanding tasks and finally stop being late, overwhelmed or anxious doing stuff. But before asking for Money, I'd like to practice with 2/3 test clients to really perfect my method. I won't be asking for anything but constructive feedback or recommendations. If you're interested send me a private message :)