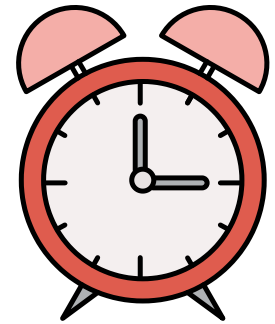


## What can help people with ADHD who need to spend a lot of time on their computers?



Best practices for sustainability before using the computer include exercise, reasonable sleep, and good nutrition.

Set a timer to take a 5 minute break after 25 minutes of work. Step outside, stretch, or go for a quick walk during breaks. Vary posture or use a stand-up or treadmill desk.



Use "Fidget to Focus" strategies by doodling, listening to background music, twirling a pen, or chewing gum while working on the computer.

Fidget-to-focus multitasking recognizes that individuals with ADHD use one sensory modality in the background to increase neuro-stimulation while simultaneously allowing the weaker sensory input to sustain focus for longer periods of time.



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Learn more at [ADHDAwarenessMonth.org](https://ADHDAwarenessMonth.org)