

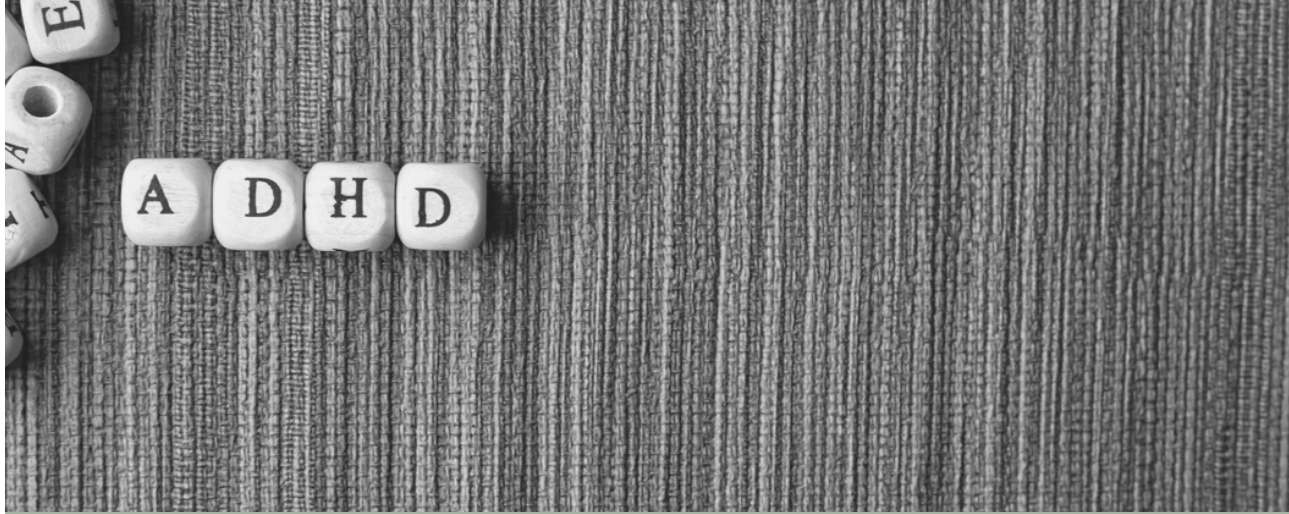
GET

ORGANIZED
with adhd



A BALANCED ABODE NJ LLC

contents



- 01** introduction:
what this guide is all about

- 02** executive functioning deficits:
reasons for clutter + disorganization
in women with adhd

- 03** tips:
tackling clutter + disorganization
using adhd awareness

- 04** contact:
how to find your adhd
organizing bestie

01



hey there, friend!

For as long as you can remember, you may have felt shame about all of the things you feel you "just can't do" as a homeowner.

You can't create systems for organized living that last for more than a week. You can't keep a tidy home. You can't make decisions on which items to keep and which to get rid of. You can't determine a best time to get that home decluttering or organizing task completed. You can't handle being in charge of so many household responsibilities.

You just can't.

But what if I told you that you can?

This guide was created for the woman with ADHD who is interested in learning about how her neurodivergence impacts her ability to maintain an organized home, and how she can use an awareness of her disorder to begin making changes in the way she views herself and interacts with her environment.

This guide was made for *you*.

It's time to remove the shame, to become empowered, and to learn how you *just can*.

**adhd is not a deficit of knowing;
it's a deficit of doing.**

02 executive functioning deficits

ADHD impacts multiple sections of the brain, including the prefrontal cortex, which is home to the executive functions. Because this part of the ADHD brain develops at a slower rate and is 3-10% and smaller than that of someone who is neurotypical, ADHDers experience life-long deficits in certain areas of "doing".



the impacts of these deficits



self-awareness

Deficits in self-awareness can lead to issues like collecting hobby-related items that go unused, leaving dishes scattered around the home, or opening packages and neglecting to put the items inside away, all of which impact the build-up of clutter.



inhibition

Limited inhibition--or the ability to "stop and think"--can lead to frequent impulse buying, the build-up of mail and other daily "incoming" clutter, and struggles with creating systems for organization that are purposeful and self-accommodating.



working memory

Struggles with working memory can lead to not being able to remember where certain items have been stored in the home; this can then lead to time and money being wasted with having to rebuy misplaced items, as well as an accumulation mindset ("I've lost it before, so I should probably buy it in bulk this time.").



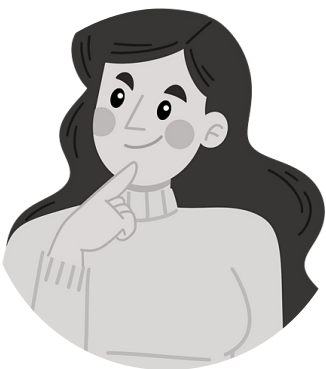
emotion regulation

Emotions are experienced deeply, strongly, and quickly by those with ADHD; the feelings of frustration, confusion, and overwhelm caused by not knowing how to store and organize items can lead to complete inaction.



self-motivation

Deficits in self-motivation--which are caused by a lack of dopamine produced by the ADHD brain--can stop a decluttering or organizing task dead in its tracks; if the activity is neither rewarding nor fun, it most likely won't get done.



planning

Proper, efficient planning requires time management and the ability to learn from the past; with deficits in both of these areas, planning is especially difficult for ADHDers. A lack of planning can lead to struggles with figuring out when to declutter and how to create a functional flow for a space.



03 tips for growth using adhd awareness

Gaining awareness of the way your ADHD brain naturally functions is the first step you need to take in order to be able to make progress towards creating and maintaining clutter-free, organized spaces.

Awareness helps to take the blame and the shame and the "just can't" out of the picture, and it provides you with the opportunity to view your struggles as problems to solve rather than problems with oneself.

The following page will provide you with some simple strategies to try out the next time you feel ready to tackle an untidy space in your home, all of which take the way your very special, very unique ADHD brain works into consideration.

“it’s time to recognize your challenges and to bring yourself into a state of action.”

quick tips

work *with* your brain rather than *against* it

- **Self-Awareness:** When interacting with a disorganized space in your home, get out of your head and into action by naming the feeling the space is sparking within you.
 - **Get specific here!** Name the precise issues you have with the space so that you can begin to see them as problems to solve rather than problems with yourself.
- **Inhibition:** Recognize what may be causing the disorganization and clutter in the space. Is it impulse shopping? Habitual bulk-buying? Identifying the core issue provides you with a better chance of catching it in the future.
- **Working Memory:** Time management is a big trouble-maker here. Plan a stretch of time to begin tackling your home organizing project when you won't be interrupted by other responsibilities. This will allow you to fall into a flow state and keep you from becoming angered by work calls or hungry kids.
- **Emotion Regulation:** Keep yourself from becoming overwhelmed and experiencing analysis paralysis by setting small goals (ie. allowing yourself to stop after organizing one section, cabinet, or shelf) and coupling your organizing task with something you enjoy, such as listening to a favorite podcast or music playlist.
- **Self-Motivation:** Be sure to reward yourself after accomplishing the goal(s) you set for yourself. Buy yourself a coffee, lay out in the sun, bake some brownies (and eat 'em, too!); anything to celebrate your hard work!
- **Planning:** After accomplishing one small win and reveling in the glory of it, keep with the momentum by scheduling another time to continue on with the project. Use a phone alarm or Alexa device to remind you.

was this guide helpful?
follow for more!



@abalancedabodenj



www.abalancedabodenj.com

