

Clean Room Tips for ADHD

1. Embrace the 'zoomies'.

Don't take off your shoes and get comfortable.

2. Make it a sprint, not a marathon.

Set a timer for 5 or 10 minutes and see how much you can get done.

3. Have a routine/schedule but show flexibility.

Set an alarm on your phone.

4. Done is better than perfect.

It's better to have no food trash in your room than to worry about the dust on the floor boards.

5. Clutter is the enemy.

Own as little as possible. If you don't own it, you don't have to keep it organized.

6. Partner up.

Have a parents or partner help you with your room in exchange for helping with another room - so that you can both keep on track. Be sure to set a timer, so that it's a team sprint.

7. Keep your tasks simple and small.

Don't "clean your room" - that's too big and has too many decisions. Instead, clear off your night stand. Bring out all the trash. Put away the clothes. Have a different task scheduled each day.