

ADHD & Productivity: How to Work With Your Brain, Not Against It

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Simple strategies to get more done without burning out.

Living with ADHD isn't about laziness or lack of focus—it's about wiring. Your brain processes attention, energy, and motivation differently, which can make productivity feel like a constant uphill battle.

Signs You Might Struggle With ADHD at Work or School

- Constantly switching tasks without finishing them
- Difficulty remembering steps or deadlines
- Feeling mentally exhausted after simple tasks
- Overwhelmed by long to-do lists

Strategies to Work With Your Brain

1. Break tasks into small steps – small wins build momentum
2. Use time blocks and timers – external structure helps your internal clock
3. Leverage your hyper-focus – schedule demanding tasks when your focus is strongest
4. Offload your memory – use notes, reminders, or task management apps
5. Build in micro-breaks – reset your attention and energy regularly

By understanding your unique attention style and setting up supportive systems, productivity can feel less like a fight and more like a flow.

Make contact with Audax Mental Health today and explore one-on-one ADHD coaching to create personalized strategies that work for you.