

## **Neurodivergence and Time Management**

**The Positivity Wellbeing Group has launched *About Time*.** This is a time management course that aims to help attendees think about how they allocate and manage their time.

**Neurodivergent attendees may find they wish to adjust some of the techniques covered to suit their needs.**

**You may find you need to:**

- Manage your time differently
- Build in coping mechanism
- Find automated ways to do things
- Ask for help with certain tasks

**Below we have compiled a few useful links, and some personal insights from members of the group:**

### **Insights from a neurodiverse group member**

“I discovered I have ADHD just over a year ago, and while it felt like all the pieces of the puzzle were falling into place, it also meant I needed to start researching and thinking about coping mechanisms that I had previously not been aware of. I initially thought I had reasonable time management, but after a lot of reflection I have realised that not only was I automatically implementing a lot of coping techniques, but I was also blaming myself in areas that I considered to be failing. My internal monologue often threw out words like ‘lazy’, ‘stupid’, and ‘useless’. I still have a long way to go, and there are many things for me to learn.”

**Here are a few tips I have picked up so far:**

- **Remove words like 'lazy' from your mindset.**  
If you want to do something, and physically or mentally cannot, you are NOT lazy.
- **Asking for help is not a weakness**  
It's like you are currently playing the game of life on 'hard mode' and you just need to learn all the right controls.
- **If a traditional technique is not working, try something new**  
Have you tried a visual timer, post-it notes, setting reminders, or block scheduling in your calendar?
- **Sometimes a consequence may be a better motivator than a reward – be careful though, don't punish yourself**  
Sometimes a deadline is all you need.
- **Listen to your body.**  
If you are feeling worn out, or close to burn out then it's time to review the causes.
- **Find a welcoming support group.**  
Hearing others' experiences is validating and helpful.
- **Identify your most productive time of day**  
But also, don't push yourself past what is required of you. Rest is important.

## **Resources and Links**

### **ADHD UK:** [Useful Resources - ADHD UK](#)

- some resources for ADHD including tool recommendations.

### **Neurodivergence Network:** [Link to join](#) – [Link to info](#)

- A supportive community with a range of members and resources

### **Instagram:** @the\_mini\_adhd\_coach

- great visual guides, planner, newsletter, and book.

### **Article:** [Time Management Skills for ADHD Brains: Practical Advice \(additudemag.com\)](#)

- an article about executive dysfunction with ADHD

### **Positivity Wellbeing Group:**

- [Link to MS Teams page](#)
- [Link to Intranet](#)
- Email: [Positivity.WELLBEING@education.gov.uk](mailto:Positivity.WELLBEING@education.gov.uk)
- [Training Booking Form](#)