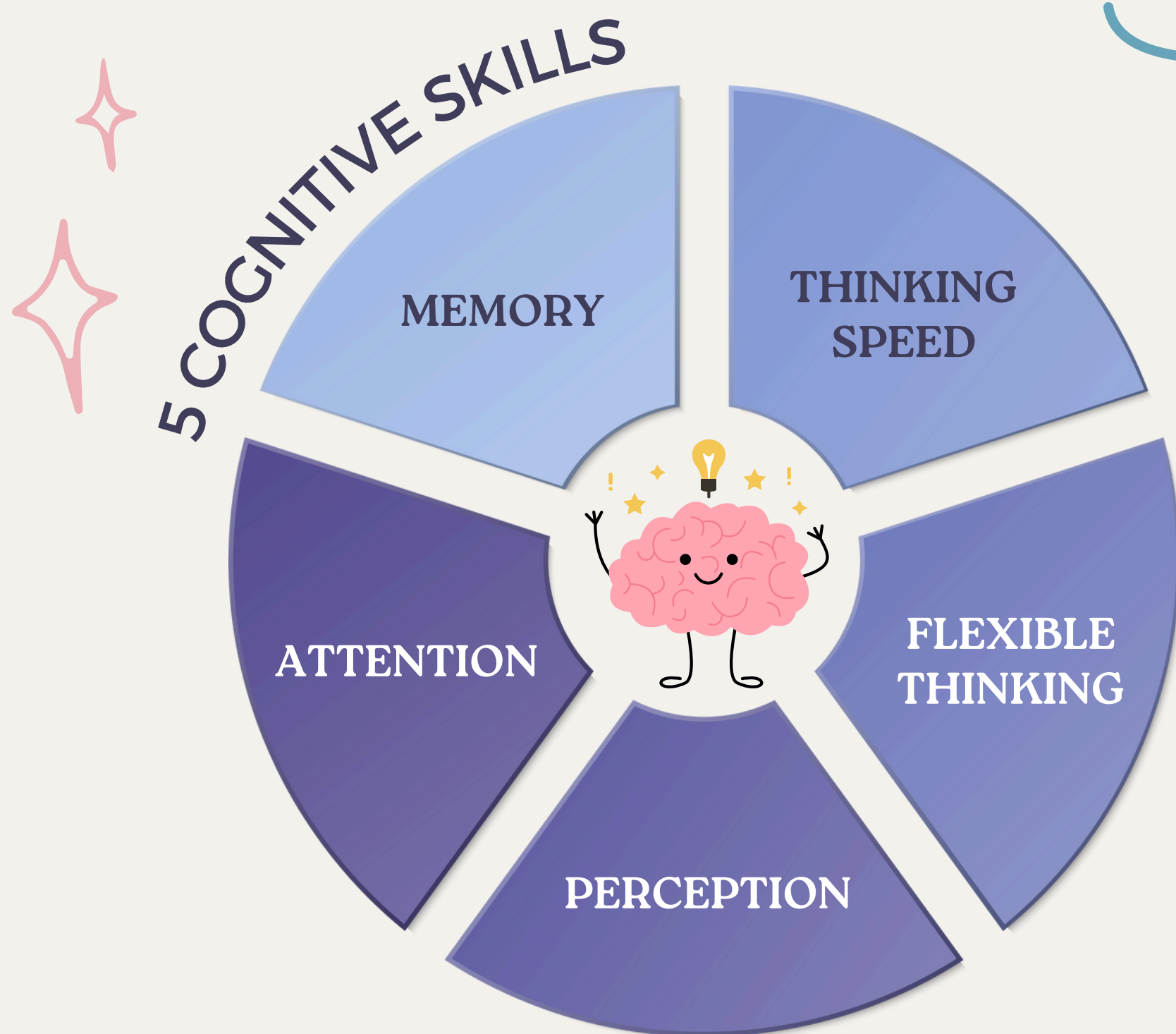
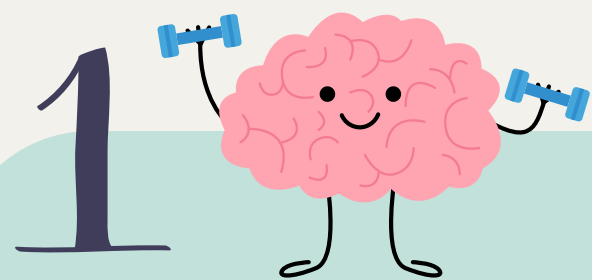


6 WAYS ADULTS WITH ADHD CAN STRENGTHEN COGNITIVE SKILLS



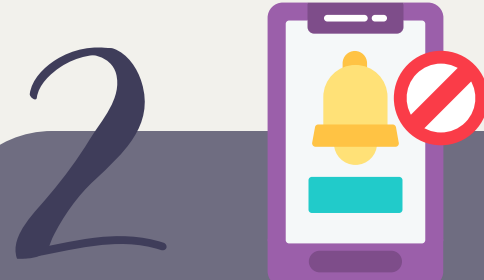
COGNITION

Mental processes that help us learn, think, remember, and focus.



1 TRAIN YOUR BRAIN

Brain games & practice sharpen focus and memory.



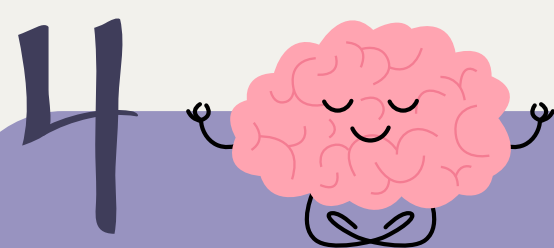
2 MINIMIZE DISTRACTIONS

A clutter-free, quiet space supports focus.



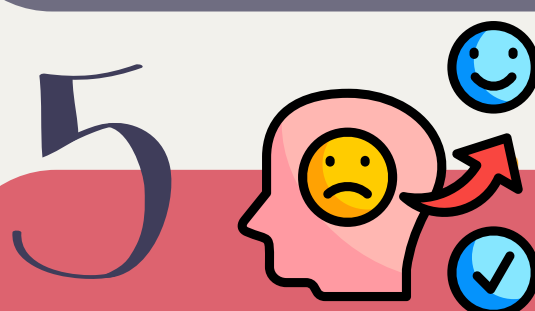
3 GET ORGANIZED

Systems reduce cognitive overload and mental stress.



4 PRACTICE MINDFULNESS

Slows down racing thoughts, increases awareness.



5 TRY CBT (COGNITIVE-BEHAVIORAL THERAPY)

Learn strategies to manage ADHD challenges.



6 WORK WITH AN ADHD COACH

Tailored support for building lasting cognitive skills.