FACT SHEET

ADHD Attention Is Not Simply 'Can I Focus?'

Attention can change dramatically with the conditions around a task

Engagement may be easier with...

- interest
- novelty
- challenge
- urgency
- feedback
- movement
- interaction
- a clear endpoint

It may be harder with...

- repetition
- slow or unclear tasks
- low interest
- distant deadlines
- mental fatigue
- competing distractions

Experiment with the conditions

- shorten the work period
- remove competing distractions
- use a timer
- add movement or company
- make the endpoint visible
- pair the task with something pleasant
- take a planned break before attention is gone

Ask

Under what conditions is it easier for me to direct my attention?

Being able to focus deeply on one activity does not mean every task should be equally easy to focus on.