

SURVIVE AND THRIVE

Managing Life with Adult ADHD

Abigail's Podcast Cheatsheet

#018

Morning and Evening Routines

Routines are important for those of us affected by ADHD. Establishing routines can be difficult but doable provided you realize that you will mess up from time to time. The real key is if you do mess up to start again the next day as you mean to go on. This will happen more often than you like but it is simply a fact of being affected by ADHD. Messing up occasionally isn't failure or a reason to stop trying. It simply means that you dust yourself off and get back into the game as quickly as possible.

Set up your evening routine before your morning routine. This is because what you do in the evening impacts what you do in the morning. This morning you have limited time so there is less flexibility.

Evening Routine

- First check your calendar to see what the next day holds for you.
- Decide the clothes you will wear the next day and lay them out if you wish.
- Based on what your calendar says, pack your bag for the next day so it is ready to go.
- If you take your lunch with you from home to work put it together the evening before.
- Do a quick run through of your home returning what you have taken out back to their homes.
- Close down your computer, tablet and phone after you have set your alarm for getting up the next day.
- Get ready for bed and do something quiet to relax you and wind down so that you can sleep.
- Try to avoid doing things that will wake you up, instead quiet down by reading or listening to a podcast.
- Set a bedtime that allows you to get enough sleep for the next day.

Morning Routine

- Get ready in the morning
- Eat some breakfast.
- Review your calendar for the day ahead.
- Take your meds if you have any to take.
- Your bag is already packed from last night and if applicable, your lunch is ready to go.
- Take a quick scan to make sure you haven't left anything before you leave home in the morning if that is what you do.
- Things to avoid in the morning include gaming, watching TV, snoozing past your alarm, surfing the net, starting any project, etc. These are activities that can cause you to lose track of time making you late in the morning.

The idea is to set up yourself for success the night before so that all you have to do in the morning is to get ready, eat and go.

Sample Routines

Evening

Check calendar for next day.

After checking the next day's weather, pull out clothes for the next day.

Make a walk through home to put away any stuff let out and easy to put away.

Turn out lights and check door is locked.

Get ready for bed – change, wash face, brush teeth, take meds.

Set alarm.

Read in bed for a while.

Turn on radio or podcast to go to sleep to.

Sleep.

Morning

Get up at alarm and out of bed.

Eat breakfast.

Take meds.

Shower, dress, brush teeth, dry hair, put on makeup.

Straighten bed up.

Review calendar for the day.

And proceed with the day.

Create your own routines. You might even want to write them down to help you develop what needs to happen for you and when. Remember, you will mess up some nights and mornings but that is just the way things are. What is important is you simply try again the next day. Messing up occasionally isn't failure, quitting is.

If you struggle with sleeping that can throw off both your evening and morning routine check out my podcast episode “016 Sleep, the Bane of Our Existence” and the companion cheatsheet www.abigailwurf.com/cheatsheet016.

Bonus – Excerpt from my November 16, 2017 newsletter

Alarms and Alarm Apps Plus a Service to Help You Get Up in the Morning

Most people affected by ADHD struggle to get up in the morning. Below are different technologies to help make getting up easier. One simple tip is to place your alarm or phone with alarm across the room from your bed so that you have to get up to turn it off. The key is not to allow yourself to go back to bed. Once you are up, the bed is a danger zone until you are fully up, clean, dressed and fed.

Physical Alarm Clocks

SB300 Sonic Boom Vibrating Alarm Clock

Large number display, extra loud alarm and vibrating attachment that goes under your mattress to help wake up.

Flying Alarm Clock

An attachment of the clock flies around the room with the alarm sounding until the attachment is placed back in the base of the alarm.

Peaceful Progression Wakeup Clock

Sounds of ocean waves, thunder, etc. start slowly thirty minutes before your alarm is set to wake you. In addition, aromatherapy and light from the alarm also gradually increase.

Clocky

Alarm clock rolls off the nightstand and drives around the room until you chase it down and stop the alarm.

Apps

Freaky Alarm – IOS

Alarm sound doesn't stop until you solve a series of logic games, scan a QR code or take a picture. Thirty plus alarm sounds that you can set at random so you don't get used to the alarm sound.

Wake N Shake – IOS

In order to stop the alarm you must shake your phone aggressively. No snooze alarm feature to tempt you.

Alarm Clock Extreme – Android

Music alarm with logic challenges to stop the alarm. Has auto snooze. Free version has ads.

Alarmy - Android

Register the phone at one location. To turn off the alarm you must take the phone to that location. Or you can turn the alarm off by doing various challenges and puzzles.

Service

WakeUpLand.com

Service that will call or text you to wake you up or send reminders. This service is paid either on a monthly plan or with pre-paid credits.