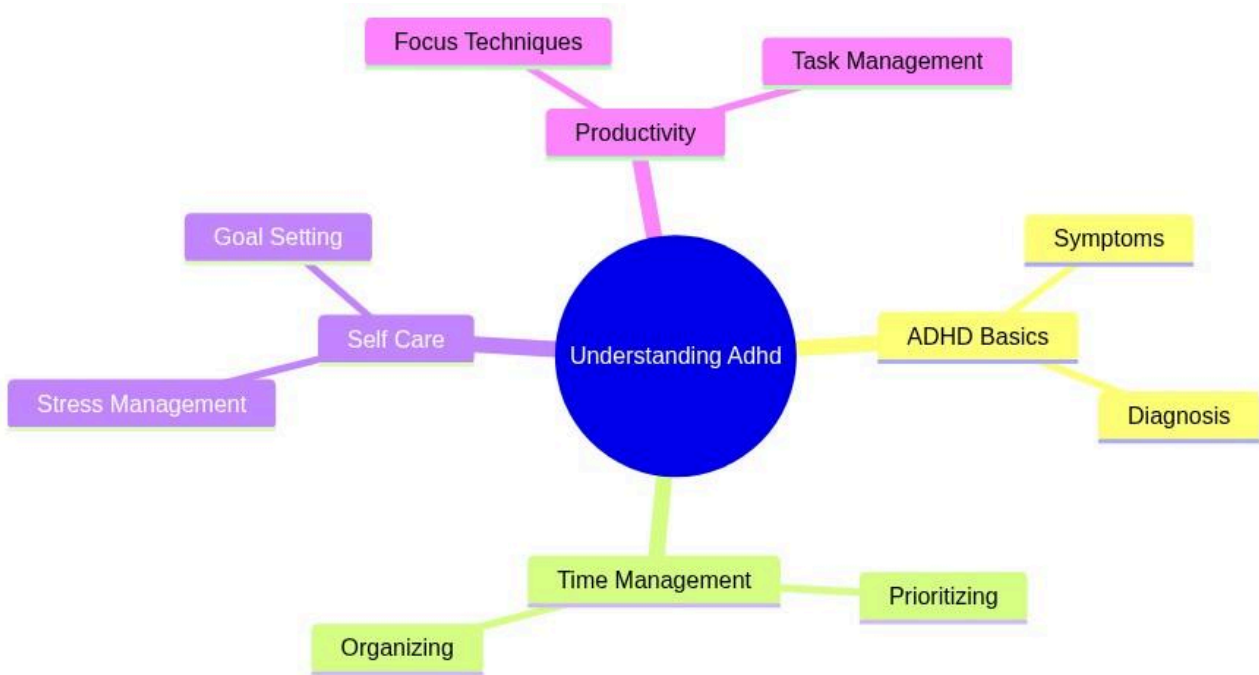


ADHD Time Management and Productivity

# Understanding Adhd



mindmap

```

  root((Understanding Adhd))
  ADHD Basics
  Symptoms
  Diagnosis
  Time Management
  Prioritizing
  Organizing
  Self Care
  Stress Management
  Goal Setting
  Productivity
  Focus Techniques
  Task Management
  
```