

Not Getting Things Done

Toxic Productivity & ADHD



Disclaimer

I don't know what I'm talking about.

I believe that we're all just making it up as we go along. no one has learned it all, we all have something to learn from others. that includes myself, this is only my experience. I'm also here to learn from you. I want to hear differing opinions and learn from what works for you

ADHD

Toxic Productivity

You

We'll go over what ADHD is and what it looks like, toxic productivity, and end with some tools and tactics

Adult attention-deficit/hyperactivity disorder (ADHD) is a mental health disorder that includes a combination of persistent problems, such as difficulty paying attention, hyperactivity and impulsive behavior.

— Mayo Clinic

not a super helpful description. More specifically, ADHD is a deficiency in the prefrontal cortex.

The prefrontal cortex is the orchestra conductor that says "shh" or "not right now".

— Andrew Huberman

neuroscientist and professor at Stanford. it quiets and enhances different networks of the brain. so ADHD is a lack in ability to quiet the mind and keep control of all the activity going on



Symptom

Time Blindness

inability to sense the passing of time. estimating tasks. leaving on time

Symptom

Distractibility

I'm actually very organized physically, with stuff. difficulty maintaining a routine, jumping between tasks, forgetfulness

can't close my Word documents

Symptom

Hyperfocus

"Captain's itch" clip from Futurama

hyperfocus can lead down those paths, the little icebergs, that keep you focused on the wrong thing. should be a straight line, but "this thing" over here is so interesting. get sucked into the wrong details

Depressed?

Everyone gets sad once in a while...

Hardest thing to grasp is that it's relatable. it's not an "oh I procrastinate too", it's debilitating

Josh x ADHD

How has this affected me? college. video games, movies. made wedding planning miserable

set up everything everywhere...main character with undiagnosed adhd. literally manifests by living in multiple realities



clip from *Everything Everywhere All At Once*

*You have so many goals you never finished, dreams you never followed.
You're living your worst you.*

— *Waymond Wang*

feel like a failure. struggle to do what I want

ADHD is not a character flaw.

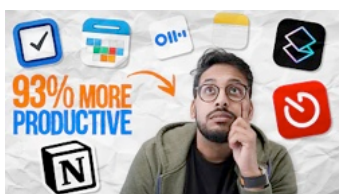
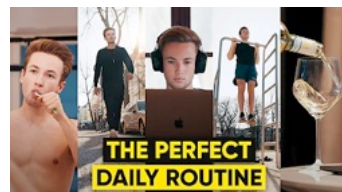
If you are an employer, friend, coworker of someone with ADHD, know that it's not a character flaw. Not a lack of caring, motivation, effort

Toxic Productivity

Most self-help and productivity content is designed for neurotypical brains

General advice focuses on things like motivation, planning, rewards. All things ADHDers struggle with.

clip of "The Hustle"



trend in productivity culture, gurus, etc. perfect routine, the best apps. desire to optimize every little thing. What good do the little things do if you don't have the big ones down? If I'm not sleeping, exercising, etc.

You

What can we do with this? Tools and tactics I've tried with varying degrees of success.

Deadlines

Instant gratification monkey



The Panic Monster

Solution? Panic monster.



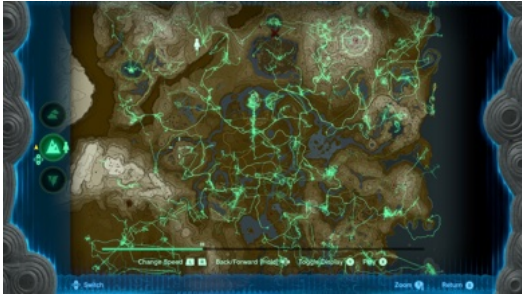
Scares the hell out of the monkey (and you). Talk to your boss, take advantage of Agile sprints.

Novelty

things that are new, unknown, challenging.

Want to know how to get me to complete a 500-point checklist that takes 200 hours?

Hero's Path in Zelda. developers intentionally try to distract. keep it interesting



Interests

just the things I love. hobbies, like working on Plex, deep diving Lord of the Rings YouTube, Nerd of the Rings

Brain Dumps

There's no real way to achieve the kind of relaxed control I'm promising if you keep things only in your head.

- David Allen, *Getting Things Done*
- taken from GTD
- using an inbox
- get things out of your head

Growth Mindset

*To be in this mindset of "I'm not there yet, but the **striving** itself is the end goal."*

– Andrew Huberman

some days it's about doing anything at all
clip from Everything Everywhere All At Once

*But you, here, **you're capable of anything because you're so bad at everything.***

– Waymond Wang

- this is a hard line for me to parse, to put into words
- I'll let you noodle on it

Resources


- [ADHD 2.0](#)
- [ADHD Jesse](#)
-


[Struggle Care](#)


KC Davis, How to Keep House While Drowning


Sources

- "ADHD & How Anyone Can Improve Their Focus" Huberman Lab Podcast
- "Getting Things Done" David Allen
- "The Hustle" KRAZAM
- "Why Procrastinators Procrastinate" Wait But Why









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