

Meditation & Mindfulness for ADHD

InsightTimer

Created in collaboration with ADHD expert [Rebecca Schames, MFT](#)



[ADHD Meditation: Hyperfocus](#)



[ADHD Meditation For Focus And Self-Acceptance](#)

Why Meditation Can Help with ADHD

- Meditation supports attention by activating brain regions involved in sustaining and directing focus.¹
- It helps reduce distractions, improve task completion, and support daily functioning.¹
- Even short, regular sessions (5–10 minutes daily) can reduce stress, anxiety, and reactivity.²

Remember: Meditation isn't about being perfect. It's about gently training your brain to notice where your attention goes, and guiding it back.

Common Myths About Meditation

Everyone's mind wanders, especially ADHD minds. That's why meditation is so powerful. Even short, imperfect practices count.

- ✗ You have to empty your mind
- ✗ You must sit still for long periods
- ✗ You need 30–40 minutes per day to do it "properly"

ADHD-Friendly Meditation Hacks

Keep It Simple

Start with the basics of sitting, breathing, and gently redirecting your attention when it wanders.



Set a time on
Insight Timer



Sit comfortably



Take a few deep
breaths



Choose an anchor
point (breath,
sound, or object)



When your mind
wanders, label
the distraction
(e.g., "thought,"
"worry," "itch")



Gently return to
your anchor
point, without
judgment



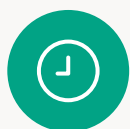
End by thanking
yourself for
practicing



Use Your Senses as Anchors

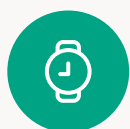
Engage sight, sound, smell, or touch as focal points to keep meditation more stimulating and accessible.

- **Visual:** Candle flame, art, tree branch outside
- **Auditory:** Guided meditations, calming sounds, or human voice
- **Scent:** Lavender, bergamot, rose, or sandalwood in a diffuser or candle
- **Touch:** A grounding object like a smooth stone or mala beads



Routine... or Not

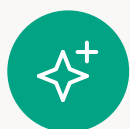
- If you thrive on routine: meditate first thing in the morning, last thing before bed, or after brushing your teeth.
- If you prefer spontaneity: slip in 5 minutes of mindful breathing when transitioning between tasks or after hyperfocus.



Low, Slow & Novel

Begin with very short sessions, gradually increase time, and keep things fresh by switching focal points.

- Start with 1–2 minutes - whatever feels “too easy”
- Gradually work up to 5–10 minutes (and stay there if that works)
- Switch up focal points to keep things fresh (ADHD brains love novelty!)



Don't Let Perfect Be the Enemy of Good

Progress is about consistency, not perfection. Every return to practice strengthens your focus.

- Aim for daily, but missing a day (or 10) doesn't mean you've failed
- Every time you return to practice, you're strengthening your attention muscle
- Even a single mindful breath can be a win

Footnotes:

1. Modesto-Lowe V, Farahmand P, Chaplin M, Sarro L. Does mindfulness meditation improve attention in attention deficit hyperactivity disorder? World J Psychiatry. 2015;5(4):397-403. doi:10.5498/wjp.v5.i4.397.
2. Strohmaier, S., Jones, F.W., & Cane, J.E. Effects of Length of Mindfulness Practice on Mindfulness, Depression, Anxiety