

Music

& THE ADHD BRAIN

How music can help?

Focus and Calm

Use calming or instrumental music to help increase concentration and calm.



Moving

Moving to music helps your brain stay calm and control your impulses.

Chill Out

Calming music can help you relax, stay calm, and feel less stressed.



Natural Focus

When you move to music, your brain releases a chemical called Dopamine. It's like a fun power-up that helps you focus better and makes it more enjoyable.

