



ADHD FOUNDATIONS GUIDE

Level One Physical Regulation for Adults with ADHD



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ADHD

FOUNDATIONS GUIDE:

Your First Level of Regulation

The ADHD Foundations Guide is the first level of regulation for adults with ADHD. It teaches the physical regulation skills that every ADHD brain needs before higher-level cognitive work can stick.

This guide covers the four physiological pillars that create a regulated brain and body:

- Hydration
- Nutrition
- Movement
- Rest

These are the baseline stabilizers that reduce overwhelm, improve focus, strengthen emotional regulation, and prepare the ADHD brain for executive functioning work.

This guide answers the essential question: “How do I regulate my ADHD at the most foundational level so my brain can actually function?”

Managing ADHD isn't only about strategies or medications — it begins with how you support your body. These four pillars are your base camp. You cannot build emotional stability, productivity, or executive function skills on an unregulated nervous system.



HYDRATION:

The Overlooked Regulator

Why Hydration Matters

Even mild dehydration affects focus, mood, memory, and executive function — all areas that ADHD already challenges.

Foundations

- Aim for 2–3 liters/day, adjusting for body size and climate
- Pair hydration with habit cues: drink when you wake, before meals, with medication
- Flavor your water with lemon, cucumber, or electrolytes
- Use visual reminders like a large, brightly colored water bottle

Quick Win

Set reminders or use an app to gamify hydration. ADHD brains respond well to visual feedback and rewards.



NUTRITION:

Fuel for Focus and Stability

Why Nutrition Matters

ADHD brains burn fuel differently. Irregular meals, blood sugar crashes, or nutrient gaps worsen:

- Brain fog
- Irritability
- Impulsivity
- Emotional instability

Regular, balanced nutrition gives the brain steady energy and supports dopamine production.

Foundations

- Eat every 3–4 hours
- Prioritize protein first, especially at breakfast
- Combine complex carbs + healthy fats (e.g., oatmeal + nut butter, veggies + olive oil)
- Minimize high-sugar or ultra-processed foods
- Add Omega-3s from fish, chia, or supplements

Quick Win

Keep “easy wins” ready: protein bars, yogurt, nuts, smoothies, pre-cut fruit. Start your day with protein, not caffeine.





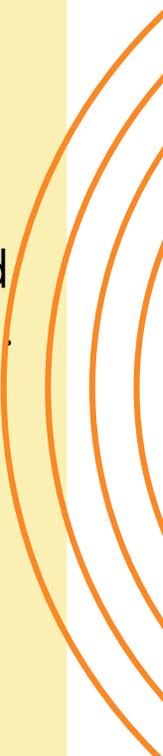
MOVEMENT:

The Natural ADHD Regulator

Why Movement Matters

Movement boosts dopamine, serotonin, and norepinephrine — the neurotransmitters involved in attention, emotional regulation, and motivation. Even simple, brief movement can improve:

- Focus
- Mood
- Motivation
- Task initiation



Foundations

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- Move daily — short or long sessions both count
 - Choose movement you enjoy and will actually do
 - Add movement into transitions you already make throughout the day
 - Morning movement can help set the tone for focus
 - Social or enjoyable movement works especially well for ADHD brains

Quick Win

Use the “Walk to the Next Thing” rule.

Any time you transition — to a meeting, the kitchen, your car, the bathroom — add 30–60 seconds of walking. No timers, no workouts, no extra steps to remember. You simply extend the movement you’re already doing.



REST:

The Core of Regulation

Why Rest Matters

Sleep impacts every ADHD symptom: emotional control, impulse regulation, focus, and working memory. Irregular rhythms or poor-quality sleep amplify all challenges.

Foundations

- Keep a consistent sleep/wake schedule (including weekends)
- Use wind-down cues: dim lights, stretching, music
- Avoid screens and stimulating content before bed
- Morning light helps regulate your body clock
- Seek professional support if sleep issues persist (delayed sleep phase is common in ADHD)

Quick Win

Try a “digital sunset”: put your phone across the room 30 minutes before bed. Create a short, consistent shutdown routine.



PUTTING IT ALL TOGETHER

This isn't a cure — it's your foundation. When you stabilize your physical rhythms, every ADHD tool you use becomes more effective.

You are not “lazy” or “inconsistent.” Your brain simply needs structure and support before it can perform at its best.

Start here. Build your base. Your future focus begins with your foundation.

YOUR NEXT LEVEL IS EXECUTIVE FUNCTION REGULATION

Once your physical regulation is in place,
you're ready for Level Two:
Executive Function Regulation

Inside my program Chaos to Clarity: An ADHD Blueprint, adults learn:

- How their executive function works
- Why it's underdeveloped
- How to mimic it using my Prosthetic Executive Function® method

The three core steps:

- 1. Capture** what's coming in
- 2. Organize** & prioritize what you captured
- 3. Plan** using time-based tools (monthly → weekly → daily → moment-based)

This is the next stage of ADHD regulation — where clarity, consistency, and follow-through finally become possible.



Learn more about my online course Chaos to Clarity: An ADHD Blueprint Scan here:



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