

THE POMODORO TECHNIQUE

What is the Pomodoro Technique?



- Pomodoro Technique was developed by Francesco Cirillo in the 1980s as a time management tool.
- This technique breaks work into 25-minute “pomodoros” with 5-minute breaks in between.
- After 4 work periods, you take a longer break of 15-30 minutes. He named these breaks Pomodoro’s after the tomato-shaped timer he used in college.
- This technique assists with boosting productivity through practicing work/breaks in short intervals allowing for concentrated focus without too much mental fatigue.
- The ticking timer can add a sense of urgency to get work done within the 25-minute working period.





The Core Principles of the Pomodoro Technique

Focused work intervals: setting a timer for focused work of 25 minutes may promote a sense of urgency to complete work more quickly. When a person knows that they only have a short burst of work time, it can minimize the temptation to look for distractions. Taking a break when the timer goes off allows space to prevent mental fatigue.

Short breaks: 5-minute breaks between the 25-minute work periods allow a chance to unwind for your brain to recharge and maintain energy and focus. These short breaks can also ensure you don't get too bored with one task.

Longer breaks: After 4 work periods, a longer break of 15-30 minutes gives your brain and body a break from the current task and helps prevent you from becoming completely drained of resources.

Task monitoring and planning: Monitoring tasks you have accomplished with each working interval will allow you to notice your progress to stay motivated and on task. Planning the next tasks helps you focus on what's coming up next to work on.

Time awareness: People with ADHD can struggle with losing track of time. The ticking timer reminds you that time is moving while you work on these tasks and creates an urgency to complete the task.

Adaptability: The Pomodoro Technique can be tailored to your individual needs and you can change the length of time and amounts if needed. There are no hard rules on how to do this. Make it work for you so you stick with it!



Benefits of the Pomodoro technique:

This technique may work well for some people with ADHD and not others

Structured Work:

- Provides organization for those with executive functioning challenges (ex. staying organized)
- The timed work period helps reduce procrastination or paralysis during tasks thought chunking larger tasks into smaller increments to make task completion less overwhelming
- Developing SMART goals supports this technique. Canvas tasks to ensure they are Specific Measurable Achievable Relevant and Timely
- The structured flow also minimizes distractibility and increases concentration because there is a focus on one task at a time.

Increases Time Awareness:

- The ticking timer combats time blindness, allowing you to be aware of the passing of time, and how long a task actually takes to complete.
- This can facilitate better scheduling and managing of tasks.

Motivation:

- Counting Pomodoro's, or working periods, can combat some of the effects of ADHD Dopamine deficiencies because it serves as an external motivator to keep going until the timer goes off.
- The progress motivates a person to keep going, and short-term goals also allow for better concentration and motivation since they feel easier to accomplish.
- Those with ADHD may tend to lose drive if they get bored or tired, and the short working periods help prevent that from happening.

Accountability:

- Procrastination and impulsivity can easily come online for persons navigating self-regulation and executive functioning challenges for persons with ADHD.
- Impulsive behaviors can provide a quick dopamine hit if someone is bored or distracted. Counting Pomodoro's and committing to finishing tasks within the working periods creates measurable goals and accomplishments that are tangible.
- Tracking these goals can assist with minimizing impulses and procrastination.

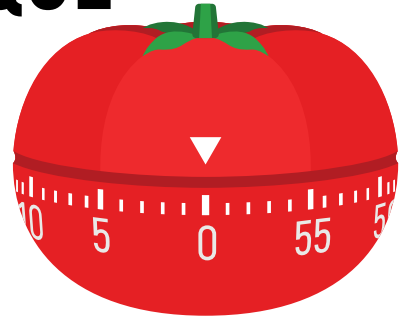
Preventing Burnout:

- Fatigue happens when we exert too much mental energy without enough time to recover and rest.
- The Pomodoro Techniques help to prevent fatigue and burnout with built-in short breaks to reset focus and longer breaks to provide actual rest and relief from fatigue.
- These breaks prevent a person with ADHD from overextending themselves, and the timer going off ensures they actually take those breaks!

The POMODORO TECHNIQUE

5 REASONS TO USE THE POMODORO TECHNIQUE:

- Manage distractions and control your time
- Increase accountability
- Improve task planning and completion
- Decrease mental fatigue
- Maintain motivation



1

Set a timer for 25 minutes and start your task.



2



If a distraction pops into your head, write it down on a piece of paper and return to your task.



3

When the buzzer rings, put a check mark on your paper. You have completed one increment, also known as a pomodoro.



4

Take a five minute break. You can check the distractions that popped into your head, stretch, grab a drink, go for a walk, dance, etc.



5

Repeat this cycle 4 times. After the fourth rotation take a **15-30 min break**

The POMODORO TECHNIQUE RESEARCH

The Pomodoro Technique: An effective time management tool – NICHD Connection – Science@NICHD. (n.d.). <https://science.nichd.nih.gov/confluence/pages/viewpage.action?pageId=160956640>

Ptáček, R., Weissenberger, S., Braaten, E. B., Klicperová-Baker, M., Goetz, M., Raboch, J., Vňuková, M., & Stefano, G. B. (2019). Clinical implications of the perception of time in Attention Deficit Hyperactivity Disorder (ADHD): a review. *Medical Science Monitor*, 25, 3918–3924. <https://doi.org/10.12659/msm.914225>

Oscarsson, M., Nelson, M., Rozental, A., Ginsberg, Y., Carlbring, P., & Jönsson, F. U. (2022). Stress and work-related mental illness among working adults with ADHD: a qualitative study. *BMC Psychiatry*, 22(1). <https://doi.org/10.1186/s12888-022-04409-w>

Sprich, S. E., Knouse, L. E., Cooper-Vince, C. E., Burbridge, J. A., & Safren, S. A. (2010). Description and demonstration of CBT for ADHD in adults. *Cognitive and Behavioral Practice*, 17(1), 9–15. <https://doi.org/10.1016/j.cbpra.2009.09.002>

Professional, C. C. M. (n.d.). ADHD medication. Cleveland Clinic. <https://my.clevelandclinic.org/health/treatments/11766-adhd-medication>

Zhang, F., Liu, K., An, P., You, C., Teng, L., & Li, R. (2017). Music therapy for attention deficit hyperactivity disorder (ADHD) in children and adolescents. *The Cochrane Library*. <https://doi.org/10.1002/14651858.cd010032.pub2>

Today

SCHEDULE

DATE:

S M T W T H F S

6:00

7:00

8:00

9:00

10:00

11:00

12:00

13:00

14:00

15:00

16:00

17:00

18:00

19:00

20:00

21:00

First thing today

New things to note

Extra notes

Use this area to write small things fast for each area of tasks (i.e. groceries, bills, social, chores, book appointments etc.)

Notes for _____

-
-
-
-
-

Notes for _____

-
-
-
-
-

Notes for _____

-
-
-
-
-

Notes for _____

-
-
-
-
-

Notes for _____

-
-
-
-
-

Notes for _____

-
-
-
-
-