

Losing Your Keys Doesn't Mean You're Losing Your Mind. Here's How to Find Your Stuff.

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Sasha Bradford doesn't have time to lose things. She's a working mom with lots of hobbies, and when she misplaces her keys or important papers — or leaves a favorite purse at a restaurant — she becomes frustrated and irritable.

“It impacts me greatly,” said Bradford, 34, a D.C.-based federal contracting officer who [blogs about mental health](#). Bradford has attention-deficit/hyperactivity disorder, which makes her “prone to put things places and not remember where I put them,” she said.

She's learned to adapt, in part by writing down where she has stored valuables, such as expensive jewelry, and setting micro goals. For example, “every time I travel, I typically forget or lose something. So now I think of one thing that's really important to remember [to bring home], and I focus on that.” Bradford also coaches herself not to panic when an item goes astray by focusing on breathing and affirmations.

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