

Congratulations, You've Got ADHD!

Now What?

Get a Good Map: learn about ADHD (an ongoing project)

- **Read:** experts' books & websites – ex.: Tuckman, Barkley, Solden, Sakarsis
- **Listen:** podcasts - adultadhdbook.com, addtalkradio.com
- **Watch:** videos – YouTube/Vimeo, totallyadd.com
- **Discuss:** support groups – CHADD.org, ADDA.org, online support communities

Get Effective Treatment

- **Medication:** ranges from helpful to essential, stick with it til you find what works
- **Therapy:** CBT usually best, be sure your therapist really understands ADHD
- **Coaching:** helps you figure out the steps to take & then actually take them
- **Deal:** with related conditions like anxiety & depression

Create a 'Prosthetic Environment'

- **ADD friendly ways** to run your life: time/task management, organization
- **Backup brain:** planners, calendars, alarms, apps
- **Write things down,** no matter what, if you don't want to hate yourself later...
- **Accommodations,** as needed – it's okay to level the playing field

Develop ADHD Friendly Habits and Skills

- **Mindfulness:** antidote for stress/anxiety & trains your brain to concentrate/focus
- **Sleep:** to de-fragment your brain, so put down that \$#^% device & go to bed!
- **Exercise:** MiracleGrow for your mind, major stress relief
- **Nutrition:** go for Omega 3s, low glycemic foods & protein at breakfast
- **Clean Living:** ease up on the intoxicants, get active outside, have fun, laugh a lot