

# 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, Levrini
- **Listen:** podcasts – ex.: adultadhdbook.com, addtalkradio.com
- **Watch:** videos – YouTube/Vimeo, totallyadd.com
- **Discuss:** support groups – CHADD.org, ADD.org, online support communities
- **Involve:** your family and partner – they need to learn, too

### Get Effective Treatment

- **Medication:** runs from helpful to essential, don't give up 'til you find what works
- **Therapy:** CBT's a good fit - be sure your therapist really knows about ADHD
- **Coaching:** helps you figure out the steps to take & how to actually get them done
- **Deal:** with related conditions like anxiety & depression

### Create a 'Prosthetic Environment'

- **ADD friendly ways** to run your life: time/task management, organize your stuff
- **Backup brain:** planners, calendars, alarms, apps
- **Write things down:** give up expecting you'll consistently remember to remember
- **Accommodations,** as needed – it's okay to level the playing field

### Cultivate an ADHD Friendly Lifestyle & Mindset

- **Mindfulness:** antidote for stress/anxiety & best training for concentration/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, protein for breakfast, greens, limit sugar/caffeine
- **Clean Living:** ease up on the intoxicants, get active outside, have fun - laugh a lot
- **Attitude:** it's about progress, not perfection, aim to improve your batting average