

# 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, Brown, etc.

**Listen:** podcasts – ex: adultadhdbook.com, addtalkradio.com, adhdrewired.com

**Watch:** videos – HowToADHD on YouTube, totallyadd.com

**Discuss:** support groups – CHADD.org, ADD.org, online support communities

**Talk:** to your family/partner/besties – ADHD isn't an excuse, it's an explanation

**Get Effective Treatment**

**Medication:** helpful to essential, don't give up 'til you find what works

**Therapy:** Cognitive Behavioral therapy's good fit if the therapist is ADHD-savvy

**Coaching:** helps you figure out the steps to take & actually get things done

**Deal:** with any co-occurring conditions: anxiety, depression, addictions, LDs

**Create a 'Prosthetic Environment'**

**ADD friendly ways** to run your life: time/task management, organize your stuff

**Back up your brain:** using planners, BuJo, calendars, alarms, apps & app blockers

**Write things down:** expect yourself to just remember to remember? *Let that go!*

**Accommodations:** formal or informal – it's about effectiveness, not cheating

**Cultivate an ADHD-Friendly Mindset & Lifestyle**

**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:** is MiracleGrow for your mind & major stress relief

**Nutrition:** go for Omega 3s, protein for breakfast, greens, limited 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