

# Congratulations, You've Got ADHD! *Now What?*

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

**Read:** experts' books/websites; ex: Tuckman, Barkley, Ramsey, Nadeau, Davis etc.  
**Listen:** podcasts – ex: adultadhdbook.com, adhdrewired.com, strugglegcare.com  
**Watch:** videos – HowToADHD, totallyadd.com, TikTok (MH professionals please)  
**Discuss:** support groups – CHADD.org, ADD.org, online support communities  
**Talk:** with your people about it – no shame - 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 & actually get going/get 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  
**Support self control:** planners, BuJo, calendars, alarms, app blockers, virtual coworking  
**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