

ADHD in adults

Daily tips and tricks

About 50% of young people with ADHD continue to experience symptoms into adulthood. Some adults only become aware of their own condition after their child is diagnosed. Depending on their symptoms, some have also been treated for other conditions before their ADHD was identified.



It is crucial for these individuals to develop strategies to better manage their symptoms. Here are some examples:

1. MAKE TO-DO LISTS ;
2. KEEP A CALENDAR ;
3. HAVE AN PLANNING SYSTEM ;
4. DARE TO ASK FOR HELP ;
5. SET REALISTIC GOALS ;
6. ESTABLISH A ROUTINE;
7. CHANNEL THE NEED TO MOVE ;
8. LEARN TO MANAGE EMOTIONS ;
9. LEARN TO ASSERT YOURSELF ;
10. PRACTICE SELF-DEPRECATION AND SELF-COMPASSION.

IF DIFFICULTIES PERSIST, IT IS IMPORTANT TO SEEK HELP. SUPPORT AND RESOURCES ARE AVAILABLE TO IMPROVE YOUR LIFE AND MANAGE ADHD.

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For more tips and advice on supporting people with ADHD, feel free to contact us!