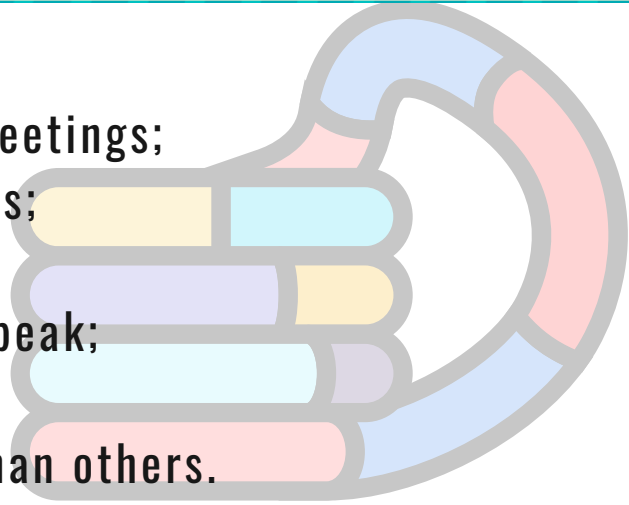


Channeling hyperactivity

Adult

MANIFESTATIONS:

- Need to fidget with objects during meetings;
- Difficulty sitting still for long periods;
- Need for movement breaks;
- Difficulty waiting for one’s turn to speak;
- Preference for active work;
- Feeling like living at a faster pace than others.



TIPS AND TRICKS TO CHANNEL HYPERACTIVITY

PRACTICE A SPORT :

Several studies indicate that physical activity improves cognition by enhancing attention, working memory, and task performance speed.

USE SENSORY STIMULATION TOOLS:

Using fidget objects during repetitive activities such as reading or meetings can improve concentration and reduce restlessness.

PARTICIPATE:

At work, the more you engage, the more involved you become. Taking notes, highlighting, doodling, and asking questions are all effective ways to stay focused and channel restlessness.

ASK SOMEONE FOR HELP:

You can ask a colleague to help you identify your hyperactive behaviors by agreeing on a signal to alert you when they occur.

PRACTICE A RELAXING ACTIVITY:

When you feel restless, try meditating, listening to music, or doing stretches.

CONTROL YOUR ENVIRONMENT:

Arrange your environment to reduce distractions, for example, by keeping only the necessary items on your desk.

PLAN FOR REGULATION TIMES AND STRATEGIES:

Unexpected events and waiting periods can cause disorganization in adults with ADHD. It is recommended to plan a short activity to occupy your mind during these moments, such as reading a book or listening to music.

LEISURE TIME:

Channel your need to move through sports. An active brain is much more functional. Also, favor action and movement in your activities.

AT WORK:

Take breaks to stretch, handle an object, move discreetly, draw, or write to channel hyperactivity. Avoid noisy environments that could distract you, use a ball instead of a chair, etc.

SYNAPSE
360



Accompagnement
TDA/H & SGT

For more tips and strategies to support individuals with ADHD, feel free to contact us!

Sources :

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