



What can I do to manage my ADHD?

Now you know a bit more about what causes ADHD, how it affects your brain, and your daily life, let's look at a list of helpful ways to deal with some of the issues ADHD can cause in your daily life:

Making 'The Deal'

- Making 'The Deal' is where you agree to do something with your parent, carer or teacher, like being on time, tidying your bedroom, or being organised at school
- You should try to make 'The Deal' in writing, and if you keep your side of the bargain, agree to get a reward!
- Keep 'The Deal' simple – and don't try many deals at once – build them up over a period of time so that you get used to completing them

Medication

- If your symptoms are causing you impairment, your doctor may prescribe medication to reduce the symptoms of ADHD
- Some young people manage without medication, while others take it all the way through school and continue when they go off to college
- Remember that medication doesn't 'cure' ADHD, but it can help with the symptoms, which is why you need to take your tablets as prescribed
- This can be hard at times, so make sure you get your parent, carer or teacher to help you

Dealing with stress

- Having ADHD might make you feel stressed, and if you're stressed it can lead to things like:
 - Problems sleeping
 - Eating less (or more)
 - Feeling anxious or irritable
 - Feeling angry or losing your temper
 - Worrying
 - Making risky decisions
 - Headaches
 - Tension
- A good way to deal with stress is to do some relaxing routines
- This could be finding somewhere that's quiet and comfortable, laying down on your back (or standing with your back against a wall) and closing your eyes. Then do some or all of these two or three times:
 - Frown as hard as you can, hold it while you count to 10, then relax your face for a count of 20
 - Spread your fingers out as far as they will go, hold it for 10 and relax for 20
 - Tense your stomach muscles for 10, relax for 20
 - Flex your feet and straighten your legs, holding for 10, then relax for 20
- You might find it hard to 'relax for 20' at first, but keep trying because you'll get better with practice
- And don't worry if you start to feel tired – that means you really are relaxing!

Continues overleaf...

Getting organised

- Routines, checklists and timetables are a great way to help with some of the chaotic characteristics of your ADHD
- Your parent or carer may set up some routines, checklists or timetables for you, which can help you stay more organised, and help with what you do every day
- If you write things down, it can help you remember better
 - For instance, if you write down what you need for school, or have your school timetable next to your bed, you're less likely to forget stuff
- Sticky notes help as well, but not too many, and make sure you write neatly!
- Why not combine a routine as part of 'The Deal' and agree a reward for sticking to it!

Sleep

- Do you ever feel like you can't switch off at night?
- People with ADHD sometimes find it difficult to get to sleep, or to get enough quality sleep, and this can make these symptoms worse
- Being tired all the time isn't fun and worrying about it can make things worse!
- Try these things to help you get a better night's sleep:
 - Do some sport or exercise because this can really help make you tired
 - Keep your routines and checklists on a sheet of paper next to your bed, and have a read through before you switch off the lights, so you aren't worrying about things you might have forgotten
 - Go to bed a bit earlier, and do some of the stress-beater exercises
- Did you know?
 - Better sleep can improve your concentration at school
 - Half-an-hour more sleep can improve your school performance
 - More sleep can reduce your ADHD symptoms