

10 Tips for living better with ADULT ADHD

When you have adult ADHD, it can be very difficult to deal with daily distractions, lack of organizational skills and the sense of feeling overwhelmed. Here are tips for developing coping strategies.



EXERCISE



Make time for exercise every day. Exercise helps increase focus and attention, decrease excess energy and combat symptoms of depression.



Adding an exercise program in your daily routine will provide you with many physical and mental health benefits.



LIMITATIONS



Accept yourself and your limitations. Remember that ADHD does not just affect children and is a real disorder.



A diagnosis of ADHD can help you understand why you act in certain ways, but it is not an excuse for inappropriate behavior.



NETWORK



Find people who accept you. Adults with ADHD may feel that they are misunderstood and judged by people around them.



If people you spend time with make you feel uncomfortable or inadequate, it's time to find new friends. Look for support groups in your area or create your own network of friends who accept you.



UNWIND



Look for time in your day to unwind. Use transitional time between activities to de-stress and relax.



Take an opportunity to stop in a park on your way home if you have a chance. When you do get home, let your family know you need a few minutes of down time before joining family activities.



PRIORITIZE



Create a system for prioritizing your day. Look over what needs to be accomplished and complete the items that are most important first.



Should you eventually become distracted, you will know that you still have accomplished the most important items for the day.



PRODUCTIVITY



Use your own internal clock to your benefit. If you are a morning person and are more productive early in the day, arrange your schedule so you focus on the most important items then.



Look for jobs that permit you to be flexible in your schedule and allow you to make the most of your productive periods.



DEADLINES



Create deadlines for projects. If you find that you tend to procrastinate, outline projects with deadlines for each step you need to take to finish them.



Even if you are just working around the house, give yourself a time limit to complete portions of the task.



BREAK IT DOWN



Break down all tasks into steps. Adults with ADHD are often overwhelmed by large projects. This can cause projects to go unfinished and sometimes never get started.



Remember, think steps. For example, if you are going to clean your house, make it a system: first - make the beds, second - straighten the living room, third - dust. Don't worry about any steps other than the one you are currently on.



ORGANIZE



Provide your own structure. Develop systems that help you define routines, such as creating a daily schedule.



Use organizational helpers like to-do lists, smartphones, daily planners, and tape recorders.



LEARN



Learn about ADHD. The more you learn about your diagnosis, the more prepared you will be to handle daily difficulties.



Read books, ask your doctor questions or join a support group.