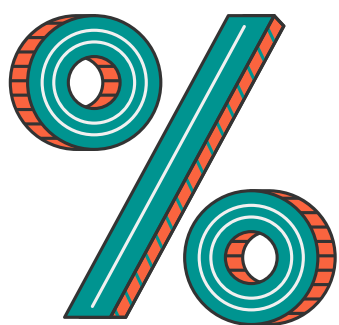


Tips for Managing Your ADHD

Attention-Deficit/Hyperactivity Disorder (ADHD) is often characterized by how much it affects concentration, ability to pay attention, and impulsive actions.



Did You Know...

ADHD is More Common in Males

Young males are 3-4 times more likely to have ADHD than females

Create a Schedule

Create a schedule to help keep you on track!

Add quick and easy tasks on your to-do list that help motivate you. Remember to schedule self-care activities and be realistic with your goals.



Plan Time for Friends and Family

Symptoms may take a toll on your relationships, carve out time to spend with loved ones.

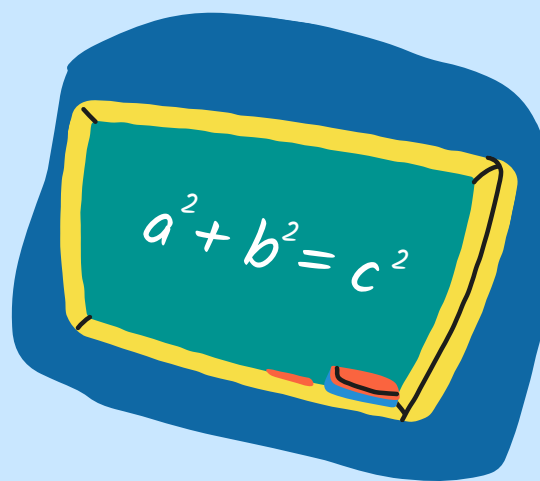
Spending 5-10 minutes giving someone your attention can be an easy way to be present within the relationship.

Find the Right Environment

Try working in different environments to see what works best for you.

Things to Keep in Mind:

- Do you like it quiet or loud?
- Do you like dimmed lighting or bright lighting?
- Do you like working around others or by yourself?



Source

<https://www.camh.ca/en/health-info/mental-illness-and-addiction-index/attention-deficit-hyperactivity-disorder>

