

# **Attention Deficit Hyperactivity Disorder (ADHD)**

ADHD Is more than losing my keys, phone, and wallet. It Is more than losing focus and struggling with time management. It Is also the fuel that helped me to co-found a nonprofit, write a book, get a Masters degree, and more. There are positives and negatives.

ADHD, like most mental health Issues, has a great impact on daily functioning and relationships. AND there Is so much help available!! Executive Functioning Coaching, Therapy, and Medication are just a few resources readily available.

What is Attention Deficit Hyperactive Disorder (ADHD)?

ADHD is a neurodevelopmental disorder affecting both children and adults. It is described as a “persistent” or ongoing pattern of inattention and/or hyperactivity-impulsivity that gets in the way of daily life or typical development. Individuals with ADHD may also have difficulties with maintaining attention, executive function (or the brain’s ability to begin an activity, organize itself and manage tasks) and working memory.

There are three presentations of ADHD:

- Inattentive
- Hyperactive-Impulsive
- Combined

The following are criteria of symptoms for a diagnosis of ADHD

Inattentive Presentation:

(6 or more symptoms qualifies you)

- Fails to give close attention to details or makes careless mistakes.
- Has difficulty sustaining attention.
- Does not appear to listen.
- Struggles to follow through on instructions.
- Has difficulty with organization.
- Avoids or dislikes tasks requiring sustained mental effort.
- Loses things.
- Is easily distracted.
- Is forgetful in daily activities.

Hyperactive-Impulsive presentation:

(6 or more symptoms qualifies you)

- Fidgets with hands or feet or squirms in chair.
- Has difficulty remaining seated.
- Runs about or climbs excessively in children; extreme restlessness in adults.
- Difficulty engaging in activities quietly.
- Acts as if driven by a motor; adults will often feel inside like they were driven by a motor.
- Talks excessively.
- Blurts out answers before questions have been completed.
- Difficulty waiting or taking turns.
- Interrupts or intrudes upon others.

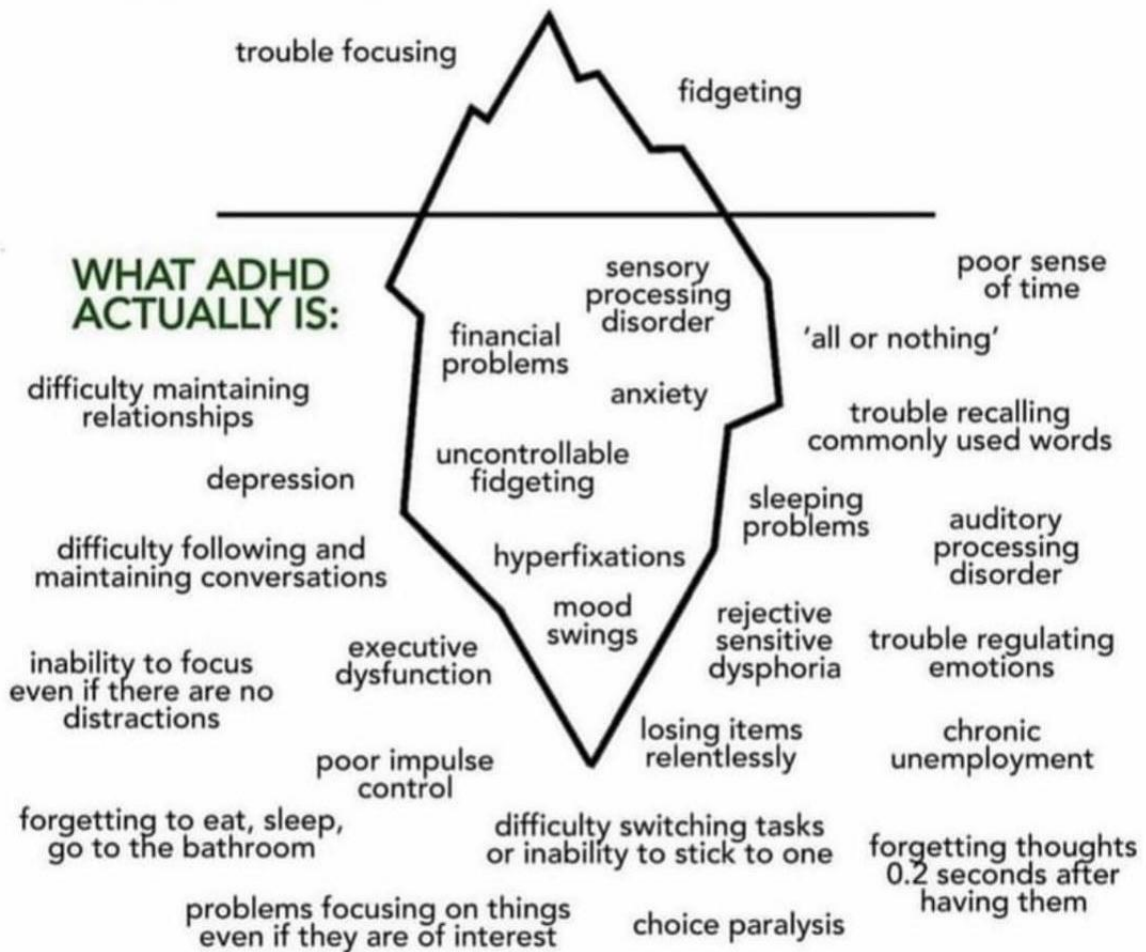
Combined:

- Has symptoms from both of the above presentations.

There's a high chance that you know and love someone who is diagnosed with ADHD. Learning more about this can be helpful.

\*\*\*ADHD is often misdiagnosed so please seek professional help when seeking a diagnosis and support.\*\*\*

## WHAT PEOPLE THINK ADHD IS:



# THE ADHD STRENGTHS ICEBERG

WHAT PEOPLE  
THINK ADHDERS  
ARE GOOD AT:

talking  
fast

creativity

WHAT ADHDERS  
ARE ACTUALLY  
GOOD AT:

literally anything  
they find  
interesting

problem  
solving

working  
under  
pressure

learning

empathy

brainstorming

getting a lot  
done in a short  
amount of time

changing  
the world

crisis  
situations

risk-taking

forgiveness

unique  
intuition

optimism

entrepreneurship

competitive  
challenges

creating  
something  
beautiful

tackling new  
challenges

sense of  
humor

mastering  
new hobbies

authenticity

imagination

hyperfocus

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# ADHD & Time Blindness

Time blindness is having difficulty sensing the passing of time or recalling when certain memories took place, and is a common ADHD trait.

## Effects of Time Blindness:

@truly\_tish\_adhd

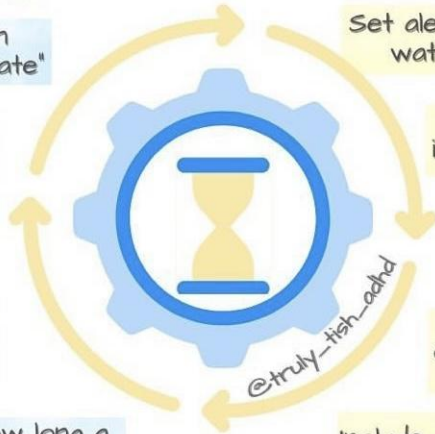
Often "running late"

Frequently losing track of time

Missing important deadlines

Being unable to stay organized

Misjudging how long a task will take



## Quick Tips:

Set alerts on smart watch/phone

Break up task into small sections

Use a visible timer

Put appointments on one calendar & set reminders

Include a buffer time in your schedule

People with ADHD often have challenges with perceiving time, time sequencing, and time reproduction, which is due to issues with executive functioning (part of the brain responsible for regulating thoughts, emotions, and behaviors)

@truly\_tish\_adhd

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## Time Blindness

People with ADHD struggle to understand the passing of time. This often results in procrastination, missed appointments, and difficulties in work/school.

Or the reverse: frozen for hours to make sure you aren't late for that afternoon meeting.

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## Rejection Sensitive Dysphoria

ADHDers may experience a powerful emotional response resulting from the perception—real or imagined—that they have disappointed others.

This perception leads you to believe they have withdrawn their love, approval, or respect. Your reaction can be intense but matches the deep pain that you feel.

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## Recognition Responsive Euphoria

Encouragement, affirmation, and praise can have an enormous positive effect on those with ADHD.

When you've learned to expect criticism, the power of positive words can lead to a euphoric response. That can often inspire action and fuel motivation for days.

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## Omnipotent

People with ADHD have a limitless potential to do anything, if they can find a way to build and maintain interest in that area.

This is often squashed by a neurotypical world that relies on importance, rewards, and consequences that don't align with an ADHD brain.

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## ADHD Inertia

When people with ADHD try to motivate themselves to do a task, they can sometimes get stuck in a sort of brain paralysis.

They know what they should do and are trying to do it, but it feels like their body just won't cooperate and move into action.

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# Executive Function

## **What is Executive Function?**

There are many definitions for executive function but essentially executive function is “a set of cognitive processes that help us self regulate so we can efficiently plan, prioritize and sustain effort towards our long term goals.” At Telos U, we work on seven skills. They are: Attention, Flexibility and Shifting, Initiation and Completion, Metacognition, Time Management, Organization, and Working Memory. For definitions and warning signs, see below.

## **Executive Function Skills & Warning Signs**

### Attention

- I can't focus on my homework.
- I struggle paying attention during class.
- I have a hard time paying attention in therapy or with my LC.
- I get distracted by others.
- I can be the cause of distraction for others.

### Metacognition

- I can get stuck in situations and have a hard time finding the solution.
- I am not sure how to advocate for myself.
- I am not very aware of my needs.
- I struggle in social situations.
- I lack self-awareness.

### Flexibility and Shifting

- I tend to have “black and white” thinking.
- I have a hard time seeing other perspectives.
- Trying solutions other than my own is hard.
- Switching between tasks can be hard for me.
- I can be demanding in my requests.

### Time Management

- I don't know how to prioritize what needs to get done.
- I struggle to keep to my schedule.
- I have a hard time being on time.
- I struggle to accomplish all of my tasks/assignments.

### Organization

- My room is usually messy and I can't find things.
- I am not sure how to create systems to help me stay organized.

### Working Memory

- I forget about tasks or assignments.
- I have a hard time recalling information from meetings or school.

### Initiation and Completion

- I procrastinate a lot.
- I struggle with starting tasks or assignments.
- I struggle with finishing tasks.
- I have a hard time breaking down big tasks.

## **ADHD Resources**

Please check out this website filled with lots of wonderful resources:

[www.adhdawarenessmonth.org](http://www.adhdawarenessmonth.org)

Here Is a great article to read: <https://mashable.com/what-is-adhd-myths-stigma/>

Facebook: <http://facebook.com/howtoadhd>

Twitter: <http://twitter.com/howtoadhd>

Support us on Patreon: <http://patreon.com/howtoadhd>

My TEDx talk on ADHD: <http://bit.ly/2sKXHGI>

What it's really like to have ADHD: <https://youtu.be/jiohg1LduU8>

### LINKS:

Through Your Child's Eyes: <https://u.org/2Jwj2tz>

Dr. Hallowell's website: <http://www.drhallowell.com/>

Racer Brain, Bicycle Brakes (video): <http://bit.ly/2Jpjfme>

Read his memoir! <https://amzn.to/2Md4Oj4>

Hyperfocus: <http://bit.ly/2l3LHv7>

Executive function: <http://bit.ly/2LF1uMb>

Executive function (animated video): <http://bit.ly/2sKqcEd>

Act Your (Executive) Age! <http://bit.ly/2sV3599>

Trouble with Self Regulation: <https://u.org/2l12ajM>

Working memory: <https://u.org/2HyzZ4x>

Presentations of ADHD: <http://bit.ly/2sKx1FL>

Child vs. Adult ADHD: <http://bit.ly/2sKhtBI>

ADHD treatment: <http://bit.ly/2HDI7AO>

Why Stimulants Help ADHD (video): <http://bit.ly/2HxPwlj>

Emotional Dysregulation (video): <http://bit.ly/2sVDvAL>

ADHD FAQ: <http://bit.ly/2JsNRz8>

Working memory in adults: <https://www.ncbi.nlm.nih.gov/pubmed/2...>

Brain development in ADHD: <https://doi.org/10.1016/j.conb.2014.1...>

Emotional dysregulation in children with ADHD:

<https://www.ncbi.nlm.nih.gov/pubmed/2...>

Neuroanatomic and Cognitive Abnormalities in ADHD:

<https://www.ncbi.nlm.nih.gov/pmc/arti...>

Hyperfocus in Adult ADHD: <https://www.ncbi.nlm.nih.gov/pubmed/2...>

Safety and Effectiveness of ADHD medications:

<https://www.tandfonline.com/doi/abs/1...>

Nonpharmacologic treatments: <https://www.ncbi.nlm.nih.gov/pubmed/2...>

Mindfulness and Executive Function: <http://journals.sagepub.com/doi/abs/1...>

Barkley, B. A. (2015) Emotion Dysregulation is a Core Component of ADHD. In R. A. Barkley (Eds.), Attention-deficit hyperactivity disorder: A handbook for diagnosis and treatment (4th ed.). New York, NY, US: Guilford Press.

Research consultant: Patrick A. LaCount, M.S.

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Music: “Life of Riley,” “Professor Umlaut,” “Somewhere Sunny (Ver2)”

Kevin MacLeod (incompetech.com)

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This website is full of all kinds of resources. They have a drop down menu for parenting with all kinds of topics. They have articles, webinars, and podcasts.

<https://www.additudemag.com/>

This youtube channel has a lot of videos that I find helpful. They are a bit “cheesy” but the info is good.

[https://www.youtube.com/channel/UC-nPM1\\_kSZf91ZGkcgY\\_95Q](https://www.youtube.com/channel/UC-nPM1_kSZf91ZGkcgY_95Q)

Here are a few videos I like from her list:

Part 1: <https://www.youtube.com/watch?v=Uo08uS9o4Rg&t=0s>

Part 2: <https://www.youtube.com/watch?v=hlObsAeFNVk>

ADHD and Motivation: <https://www.youtube.com/watch?v=OMoXvoeVGtY>

This is the website of the man in the video. He has a lot of good things in his podcast.

<https://www.adhdessentials.com/>

Here are some informational podcasts. Listen to the first one first as it will explain more of what ADHD really is.

How ADHD Shapes Your Perceptions, Emotions & Motivation. This one explains hallmarks of ADHD and Rejection Sensitive Dysphoria

<https://www.google.com/podcasts?feed=aHRocDovL2FkZGlodWRlbWFnLmxpYnN5bi5jb2ovcnNz&episode=ZjIzMjI2Y2EoYmFhMDlmZGY5MjA5Zjc5ZDIoMzYoM2Q>

This is the one that explains the Executive Dysfunction for Adults

Navigating the Life Stages of ADHD: Key Concerns and Strategies for Diagnosing and Treating Adults with ADHD

<https://www.youtube.com/watch?v=W6JBgeFbYCc>

The Bright Side of ADHD: Dr. Ned Hallowell on Embracing and Succeeding with Attention Deficit:

<https://podcasts.google.com/?feed=aHRocDovL2FkZGlodWRlbWFnLmxpYnN5bi5jb2ovcnNz&episode=MDUyMGVmZmFmZWQ1ODQ5ZmE5MGVmYjkoNTQxMjhmMDk>

Emotions and ADHD: How Adults and Teens Can Find Emotional Balance:

<https://podcasts.google.com/?feed=aHRocDovL2FkZGlodWRlbWFnLmxpYnN5bi5jb2ovcnNz&episode=MGUxZDZlMmIyOWE3Zjg5YTA3NzBhYzFiOGRjMDBiZjA>

How to Transform Your ADHD Into a Strategic Advantage at Work:

<https://www.google.com/podcasts?feed=aHRocDovL2FkZGlodWRlbWFnLmxpYnN5bi5jb2ovcnNz&episode=NDllODFmOGI5ZmM3ZTk4YmY1MjY3YzhkMTkyZjUyYjI>

ADHD Medications: Minimizing Side Effects and Using Meds Effectively:

<https://podcasts.google.com/?feed=aHRocDovL2FkZGlodWRlbWFnLmxpYnN5bi5jb2ovcnNz&episode=MjRiYjYxNDEwMDY2NGU1N2UxYzhiYzMzMjZkNGU4YWI>

How to Get More Done with a Lot Less Stress!:

<https://www.google.com/podcasts?feed=aHRocDovL2FkZGlodWRlbWFnLmxpYnN5bi5jb2ovcnNz&episode=ODJmZjNiNTgyYmE4YWIwYzg5ZWVhNTNhMjczZTRmNjc>

(Sources: American Psychiatric Association (2013). Diagnostic and statistical manual of mental disorders (DSM-5), Washington, D.C.: American Psychiatric Association)