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Module 16: Living with ADHD/Adults with ADHD

ADHD is often thought of as a disorder of childhood as it is most often diagnosed in childhood. It is a common misconception that children outgrow ADHD over time. While symptoms may decrease, sometimes dramatically, the influence of ADHD can be present throughout the lifetime.

In this module, we will explore the unique challenges of living with ADHD into adulthood. We will identify strategies for harnessing one's strengths and talents and learn tools for choosing your path to success.

- 16.1 Treating ADHD Long-Term For A Full and Active Life
- 16.2 How to Come To Terms with Growing Up With ADHD
- 16.3 ADHD in Adults – How to Cope With A Diagnosis
- 16.4 Ways to Positively Channel ADHD Trademarks to Your Advantage
- 16.5 Finding a Successful Career with Your Unique ADHD Traits
- 16.6 Harnessing the Gifts of ADHD, Such As Intelligence and Creativity



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16.1: Treating ADHD Long-Term For A Full and Active Life

As we've learned in previous sections, ADHD is a disorder that requires a multi-faceted treatment approach. That approach will change as the child matures, learns effective coping skills and moves from childhood to adolescence and into adulthood. Medication that was so essential in the early years may be decreased or even stopped altogether. That doesn't mean that ADHD is no longer part of that person's life.

QUICK FACT *It is a common misconception that ADHD just 'goes away' over time.*

It is true that for some children who are diagnosed with ADHD, the severity of symptoms diminishes over time, usually by late adolescence. Sometimes those symptoms diminish so completely that they are virtually undetectable. For others, ADHD symptoms persist well into adulthood. Sometimes, an ADHD diagnosis does not even occur until adulthood.

We know that ADHD is a biologically-based, neurocognitive disorder which means that it is part of your biological and neurological make up. While some children experience a significant reduction in symptoms by adulthood, a significant number do not. Research suggests that persistence rates for ADHD into adulthood may be as high as 60% to 80%.



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Why is this important? As children mature, ADHD symptoms present differently. Many children with ADHD may continue to have issues into adulthood although symptoms may look very different. It may even seem as if their symptoms have disappeared. Evidence suggests that while hyperactivity may lessen over time, inattention often persists. As a result, what looks like ADHD may be very different for adults.

So if ADHD can persist, why do some children seem to outgrow it? While there are no hard and fast answers, the evidence seems to point to early and consistent intervention that is appropriate to the child's developmental period. Since ADHD is generally identified early in childhood developmental stages, early effective treatment is thought to minimize or avoid some of the negative impacts of ADHD that can occur over time.

But why? Related research points to the developing brain and something called neuroplasticity.

- Neuroplasticity is the brain's ability to change and adapt as a result of what it experiences.

Imaging studies of the brains of children with ADHD have shown that the areas of the brain responsible for attention and action tend to develop a bit later than other children. When our brains are still developing, they are very 'plastic' meaning that they are able to adapt and change. Developmentally appropriate and consistent interventions are thought to tap into that plasticity and enhance neural growth and development.

Basically, what we experience changes our brain.



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So what does all this research have to do with ADHD treatment? Everything. By starting treatment early and matching interventions to developmental stages, the child's brain can mature as the child learns strategies and new habits before negative factors associated with ADHD such as other psychiatric disorders, academic problems and poor interpersonal relationships emerge, making successful treatment more difficult. Ideally, as the child matures, treatment interventions are adapted. Evidence suggest that long-term treatment helps to diminish ADHD symptoms in adulthood for some children.

So what might typical long-term intervention look like? Here are some examples:

- Pre-school age – Parent training, behavior training
- Young school-age – Parent training, behavior training, classroom interventions, medication
- Middle/High school age – Parent training, behavior training, classroom interventions, medication, organizational skills training
- Adults – cognitive behavioral therapy (CBT), possible medication

The general consensus seems to be that the sooner intervention occurs, the more likely symptoms are to be controlled and possibly even diminished by the time the child reaches adulthood.



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Proactively managing your child's ADHD means being able to live a life that is not overshadowed by the negative factors that can accompany severe or uncontrolled ADHD. Your child will be able to build effective skills and learn new strategies that will help them thrive and prepare them for the challenges of adulthood.



16.2: How to Come to Terms with Growing Up with ADHD

Feeling different.

Being the 'bad' kid.

Having to get special help.

Wanting desperately to get your work done.

Wishing the other kids would play with you.

Losing your workbook...again.



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These are just a few of the many feelings and struggles a child with ADHD experiences. Every. Day. Being the kid in class who is different and has some different learning needs is hard on a good day.

Children with ADHD want the same things as every other child. They want to do well. They want to feel successful. They want their parents to be proud of them. They want to have friends and be able to go places and do things.

Early on, children with ADHD start to recognize that as similar as they are to other children, there are some things that are definitely different. They might not fully understand why. Children are not prepared for the complicated situation that comes with an ADHD diagnosis. They are not yet fully equipped to deal with it. They can come to accept the situation and learn coping strategies. In the beginning though, they will rely on you for help and support.

Learning how to live with their unique challenges takes time and can be confusing. Here are some ways to help:

- *Talk Early and Talk Often* – Once a diagnosis has been made, sit down with your child 1:1 and talk about it. Your child has probably felt something was different for a while. Having accurate information can help them begin the process of understanding and acceptance. Answer questions. Reassure them that you will go through this together and that they are OK. Little ones, especially, sometimes equate medicine or doctors with being sick.
- *Share Information with the Rest of the Family* – Family members, too, have probably known something was different. Sit with them and explain the diagnosis and what it means. Answer questions. Let them know how things might be different and how



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they can help. Reassure and support them, especially if you have other children. They too may have fears about what may change.



- **Talk About Feelings/Have a TIME-IN** – As this all unfolds, your child is going to be experiencing lots of changes. He or she may be struggling with the idea of being different from his/her peers. Check in with your child regularly and spend some time talking about the experience and feelings that might be coming up. Children don't often spontaneously express feelings verbally. Rather, they tend to express themselves via behavior and play. Try a TIME-IN!
- **What's a TIME-IN?** It's a time to sit with your child and be fully present. Do something together – color, bake cookies, play Legos or take a walk. As your child relaxes into the moment with you, listen to what they're saying and watch what they're doing. It's ok to ask a question or two about how they're feeling about things. When hands are busy, it's harder to keep defences up that guard feelings.

If your child is not ready to share, let it be. This is all new and may take some time before they're feeling ready to share.

The important thing is to be there and be ready when it comes.



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- *Reframe ADHD As A Strength* – Reframing is a core cognitive behavioural technique for learning to cope with something problematic. When you reframe, you change the way you interpret something that is upsetting to you. It's akin to finding the silver lining in an otherwise difficult situation. And for ADHD, there are some real silver linings!



The fact is, for all the difficulties that come with ADHD, it is also thought to play a role in the creativity, emotional sensitivity and enthusiasm that is seen so often in those with ADHD. Seeing



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ADHD as bringing strengths too can be a powerful way of changing the way you and your child think about the diagnosis.



Everybody Is Good at Something – For kids with ADHD, they have probably heard more than their fair share of ‘you can’t’ and ‘you don’t’ along with seemingly endless redirection. Add to that feeling different and their self-concept can really take a hit. They may struggle mightily with seeing themselves at being good at much of anything.

The fact is, you want them to see that they CAN be successful and that they can DO anything they set their minds to. You can help them learn that ADHD does not have to be a barrier. Help them identify things they’re already good at. Find opportunities for them to do those things.

with ADHD

Not Saved



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**You can do this
and I'll help you
every step of the
way**

Why should you choose things they're already good at? Now is not the time for big challenges. They need to experience success and build on the skills they have. The goal is to recognize what they're good at and build confidence. The time for new challenges will come.

- *Involve Them In the Process* – This is especially important for your older children with ADHD. In the not too distant future, they will be stepping out into the world as young adults. Allowing them to participate in the decision-making process gives them opportunity to learn new skills while still in the safety of home. Being involved also empowers them and lends a sense of having some control over what is happening to them.

Right about now, you may be thinking how uncomfortable some of these conversations are going to be. Talking about your child's ADHD is important for you. It's important for them. It's kind of like having to talk about the 'birds and the bees'. Everybody dreads that talk but it is necessary. And everyone gets through it. You'll do just fine.

And, it's a conversation you're going to have over and over as your child grows. Your child will need your support and guidance as each new challenge is faced. You'll be there to say, 'You can do this and I'll help you every step of the way.'

16.3: ADHD in Adults – How to Cope With A Diagnosis

Although ADHD is generally considered a disorder of childhood, there are a significant number of adults with ADHD. We know that upwards of 60% of adults who have ADHD were



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diagnosed as children. It is generally accepted that ADHD often persists well into adulthood with a distinct clinical profile and its own set of risks.



But what about those who are not diagnosed until adulthood?

According to the National Institutes of Mental Health (NIMH), the prevalence of adults with ADHD is about 4.4% in the U.S. The number of adults being diagnosed with ADHD is on the rise. Other countries have similar increases in the numbers of adults being diagnosed with ADHD.

There is some debate as to whether these are late onset cases of ADHD, adults who were previously able to manage their symptoms or due to improved, adult-specific diagnostic criteria.

Regardless of why, the fact is a significant number of adults are diagnosed with ADHD for the first time. Receiving a diagnosis of ADHD as an adult is in some ways different than that of a childhood diagnosis. Children have support systems in home and school, interventions start early and there is time to learn and grow into their new normal.

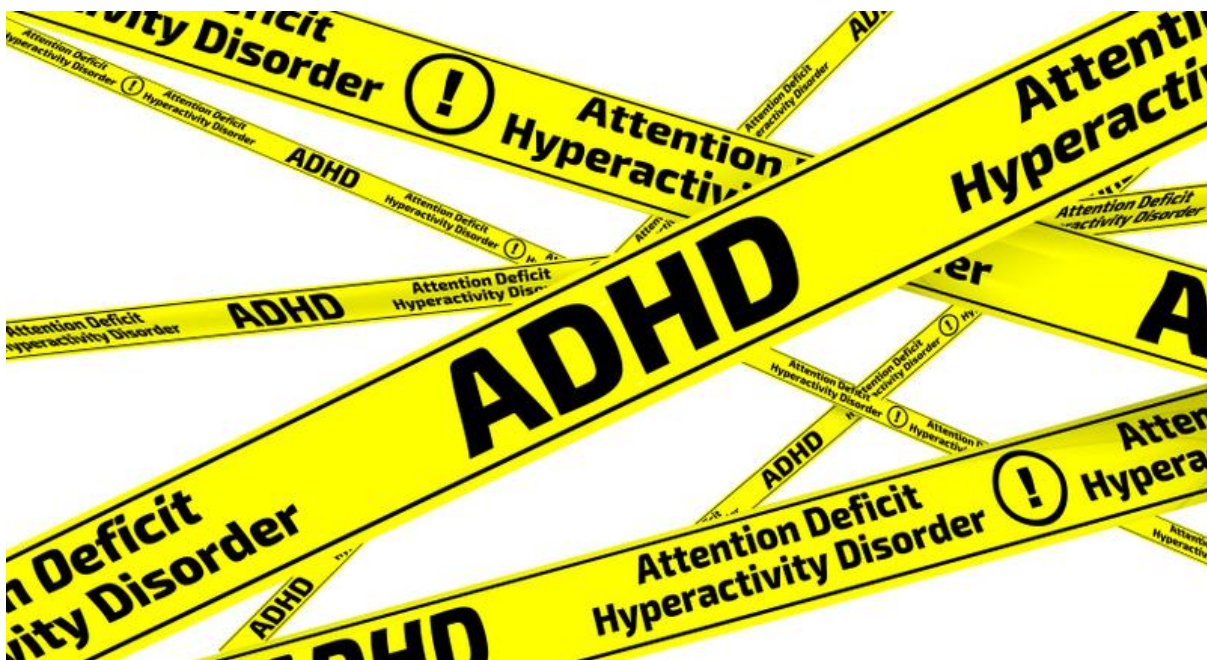
Being diagnosed with ADHD as an adult comes with its own unique set of rewards and challenges.



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For some, receiving this diagnosis comes as a relief. Finally, after struggling sometimes for years, the pieces fall into place and it all starts to make sense. The inattention, the forgetfulness, the disorganization...now you know why. It has a name. There is treatment. And you're not going crazy after all.



For others, this diagnosis may be unexpected or unsettling. They may fear being labeled or stigmatized. They may have concerns about treatment options. There may be concerns about their job or their relationship, or a hundred other worries.

So what can you do if you find yourself (or an adult loved one) facing a diagnosis of Adult ADHD?

1. Take Action – Just as we know that early intervention helps children with ADHD, timely intervention can bring relief to adults as well. Don't let the fear of dealing with ADHD be a barrier. Help is out there.
- 2.

Living with ADHD/Adults with ADHD

2. *Reframe ADHD as a Strength* – Reframing, changing the way you interpret something that is upsetting to you, works for adults as well. You now have an explanation for the struggles you've had. That creativity you have? It just might be related to your ADHD. Cognitive neuroscience is discovering interesting connections between ADHD, creativity and activity in the brain's 'Imagination Network'.



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QUICK FACT

Creativity does not rely on only one part or one side of the brain. Instead, creativity is actually a process that calls upon different parts of the brain all working together in large networks to get things done. Want to know more about how this network operates? Go here:

<https://blogs.scientificamerican.com/beautiful-minds/the-real-neuro-science-of-creativity/>

3. *Seek Out Support* – Unlike children who have family and school supports, adults often have to seek support outside of those systems. You may need emotional support, practical support or both.

- *Emotional Support* – Having someone to care, to listen and to support you as you start this new journey can be vital to your successful management of ADHD. Talking about your feelings is powerfully healing and empowering.



If you have family or close friends, reach out to them. Let them know what's happening. Let them support you.

Another option might be a support group for adults with ADHD. Being able to talk openly with others who are dealing with similar issues can help you feel less alone. You may also learn some new ways of coping.

- *Practical Support* – For some people, practical support makes a huge difference. Your symptoms may make it difficult for you to do certain tasks well. For example, you may struggle mightily with disorganization and get overwhelmed by basic housekeeping. You may decide to seek out help with housekeeping and keeping your home uncluttered.



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4. *Healing Feelings* – There is no right or wrong way to feel about your diagnosis. You're learning a lot of new information and experiencing a lot of new things in a very short time. For some people, it's not unusual to experience something similar to grief when we receive a life-changing diagnosis. Whatever you're feeling, allow yourself to feel it. Acknowledge it. Process it in a way that works for you

Here are a few healing tools to try:

- Journaling
- Talking to a trusted friend
- Join a support group
- See a therapist who understands adult ADHD

5. *Seek Treatment* – How you choose to treat your ADHD is up to you. The most important thing is to do your homework and understand what your options are.



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- *Medication* – Many adults with ADHD choose medication to help control their symptoms of inattention and poor concentration. Medication generally does not help as much with symptoms such as poor time management, forgetfulness and disorganization. Finding the right medication and dosage for optimal symptom control can take time, sometimes several weeks or months.
- *Cognitive Behavioral Therapy (CBT)* – CBT has been shown to be an effective intervention to address ADHD-related issues such as improving memory and attention, impulse-control skills, time-management, organizational skills, social skills, emotional control and more. Evidence suggests that therapy combined with medication has better treatment outcomes than either medicine or therapy alone.
- *Marital Therapy* – Sometimes ADHD can adversely affect relationships. A marriage and family therapist can help you and your spouse address the problems ADHD may have brought into your relationship and find ways to heal and keep your relationship strong.
- *Coaching* – Coaching for ADHD is a relatively new approach. Unlike therapy, coaching focuses on finding practical solutions to the everyday problems of living with ADHD. A coach might help with things like organizing skills, money management or time management skills.





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6. Take Care of You – Above all, when you're dealing with a new reality, it's important to be kind to yourself. Allow yourself time to adjust and get into your new rhythm of living. Make sure you're getting plenty of rest, exercise and time to reflect on all that is happening. Some people find things activities like yoga and meditation particularly helpful.

At the end of the day, know this: An ADHD diagnosis is not the ending. It is the beginning of taking charge of your life and moving forward with purpose. You can manage ADHD effectively and you can thrive.



16.4: Ways to Positively Channel ADHD Trademarks to Your Advantage

When you go down the list of ADHD symptoms, it can sound like a recipe for disaster:



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- Inattentiveness
- Impulsivity
- Disorganization
- Hyperactivity
- Can't stay on task
- Hyperfocus

How could any of this be positive much less give you an advantage? It turns out, these symptoms are not 'all or nothing'. The fact is, the same symptoms that can wreak havoc if left unchecked can be harnessed and channeled into something positive!

In previous sections, we talked about the power of reframing. Reframing is a cognitive behavioral technique that helps you change the way you interpret something that is upsetting to you. It's akin to finding the silver lining in an otherwise difficult situation. And for ADHD, there are some real silver linings!

By reframing how you view your ADHD symptoms, you can learn to see them as positives, almost like gifts that ADHD has given you.

Take inattention. Inattention is one of the hallmarks of ADHD and one of the most bothersome of symptoms. However, as we discussed earlier, inattention in ADHD has been linked to the same



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cognitive processes responsible for creativity. Chances are while all that daydreaming is going on, there's a whole lot of imaginative and creative thinking happening in there!

Impulsive behavior unchecked can be quite disruptive. Channeled in a controlled manner, it can also be seen as the mark of someone who takes action.

QUICK FACT *Many famous, creative people have ADHD, including Simone Biles, Michael Phelps, and Justin Timberlake.*

Of course, simply reframing and redefining behavior is no substitute for proper diagnosis and treatment. However, once symptoms are optimally controlled, you may just find that you have some pretty great traits to work with.

Module 6: Living with ADHD/Adults with ADHD

A lot of adaptive behavior grows out of learning to deal with ADHD. Let's take a closer look at a few examples:

- *Hyperfocus* – Hyperfocus is the ability to focus intensely on something of interest. The focus can be so prolonged and intense, the person is oblivious to what is happening around them. The strength here is being able to focus on something that interests you for a long time. If you know you tend to hyperfocus, look for opportunities that require this kind of intensity.
- *Willingness To Take Risks* – People with ADHD can be impulsive and willing to take risks others might not. Of course, we are not advocating doing anything dangerous. Instead, the willingness to take a risk might be something such as seeing the potential benefit in trying something new and not being afraid to fail. People willing to try often find themselves more successful than they could imagine.
- *Innovative Thinking* – This goes along with being willing to take a risk. People with ADHD tend to think of things in unique and sometimes unusual ways. They are highly creative and don't always put things together in ways we would expect. But it works for them and can result in some truly amazing creations.



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- *A Great Sense of Humor* – Having ADHD means having to deal with some things that are sometimes quite difficult. Laughter makes us feel better and able to see things in a different light. It's a skill that many people with ADHD use well. They're the person you want at your party.
- *Lots to Say* – Having nothing to say is usually not a trait of someone with ADHD. In fact, people with ADHD tend to be great conversationalists because they always have something interesting to say. You can rely on them to fill in those awkward silences and usually have a funny story to tell.
- *Persistence* – People with ADHD tend to be persistent. They've generally had to work harder at things. As a result, they've developed some great workaround skills. Skills like that can be used in all kinds of situations.
- *Compassion* – Despite struggling with social skills sometimes, people with ADHD tend to be emotionally in tune with others and highly compassionate. They are quick to offer help to those in need.





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Try this: Make a list of the ADHD traits you have and why they can be advantageous to you. How can they benefit you in your life right now? Sometimes you just need a reminder of how awesome and unique you are.

16.5: Finding a Successful Career with Your Unique ADHD Traits

In general, adults with ADHD tend to exhibit poor job performance, less job stability and more frequent absences. This often ends in termination. For some, this pattern repeats over and over. This difficulty is thought to be due in part to inadequate coping strategies or incompatibility in the work environment.

Knowing what your ADHD traits and strengths can be a useful tool when selecting a career path. Once you know what your unique ADHD traits are, you can think about how they might fit into a career. Ideally, you want to choose a career that would complement your positive traits and be something you enjoy.



Clearly there are some jobs that are probably not a great fit for someone with ADHD. Jobs that are tedious, repetitive and rigid tend to be frustrating for people with ADHD. Some examples might include: an accountant, an office worker, an assembly line worker. Of course, there are exceptions and for some, these types of jobs may be a perfect fit.

So how can you determine what the best fit for you might be?

- *Make A List* – Before you start choosing, you need to find out a couple of things:



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What are you good at?

What do you like to do?

What kinds of jobs fit 1 & 2?

- *Choose Something You're Interested In* – We tend to do well in activities we are interested in.
- *Explore How Your Strengths Fit that Choice* - If there are too many things that don't fit, it's probably not a good choice for you.



So knowing what your strengths and ADHD traits are, what are some real options? Let's look at a few examples:

- Let's say you're super creative. You tend to be hyper focused and could sit with your activity all day long. People with ADHD tend to be highly creative. Jobs that tap into those positive qualities might include: an artist or writer, a scientist or researcher.



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- You're quick thinking and quick to react. You have a tremendous amount of compassion and a desire to help others. You have a lot of energy and don't like to be cooped up. You've never met a stranger. Some people with ADHD tend to get bored easily and need to be challenged. Jobs that tap in to this compassion, high energy and quick response might include: a paramedic, a firefighter, a nurse or a police officer.
- What if you have a particular skill and work well independently? You're a risk taker and have developed some good organizational skills. You might be an entrepreneur in the making! If you are not sure of your ability to sustain this, consider partnering with someone or hiring help for the parts you are not as proficient at.

Remember, everyone is unique and just because something fits on paper doesn't mean it is a truly good fit. You may experience some trial and error. That's ok. Trial and error is how we learn and grow.

If you're still struggling with a career decision, there are a number of career assessments that might be helpful to you. These are generally available through a career counselor. Depending on where you are in the world, career counselors may be found at government job/employment offices, college counseling centers or private practices.

Because you have ADHD, a career counselor may be especially beneficial. A career counselor can help you explore your career options while considering the way your ADHD may influence your career choice and satisfaction.

Once you have a job you enjoy, tapping in to your skills can help you to be productive and successful. The goal is to keep stress in check and maximize your productivity.

Here are some tips to try:

1. Be Prepared

This tip is kind of like packing your grown-up book bag. Each evening, take a few minutes and prepare yourself for the next day.

- Make a rough schedule so you know what the day will be like.
- Gather any tools or supplies that you'll need.
- Place your supplies near the door along with your essentials like wallet or purse, keys, cell phone, etc.
- Set out your clothes the evening before if you tend to get bogged down in what to wear.



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2. Chunk Time-consuming Tasks

Instead of zipping back and forth between tasks, try ‘chunking’ tasks, especially those that can suck up huge amounts of your day. You might return calls or check email at designated times only. We all know how easy it is to get lost in email or the internet and before you know it, you’re behind schedule and trying to catch up.

3. Under Promise and Over Deliver

This strategy is actually one used by successful and productive people in all walks of life. We all tend to over-estimate what we can realistically do in a day. When that happens over and over, people get frustrated and find it hard to take you at your word. For you, over-extending yourself is stressful and overwhelming. Committing to less does not mean you are in any way shirking your responsibility or not being a team player. On the contrary, when you commit to something more realistic, you alleviate the pressure and can direct your energy to giving just a bit more (over-delivering). Successful and productive!

4. Set SMART Goals

Whether these are personal or professional, having a goal gives you purpose and something to work towards. The best goals are what are known as SMART goals. They are:

Specific

Measurable

Attainable



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Realistic

Time-Limited

“A goal without a plan is just a wish”. – Antoine de Saint-Exupery

At the end of the day, choosing a career path is a personal choice and one that lots of people, with and without ADHD, struggle with. The good news is, your ADHD does not define you and does not have to be a barrier to doing what you love. If you find yourself struggling, reach out to a career counseling professional who can help you sort through your ideas, identify your strengths and aptitudes and help you set on a path to finding your way.

16.6: Harnessing the Gifts of ADHD, Such As Intelligence and Creativity

The positive traits of ADHD have often been referred to as gifts and indeed they are. Some of the most gifted, talented and creative people also have ADHD.



What we are learning is that the brain is a complex system of networks that work in ways we do not completely understand. Evidence clearly suggests that there are links between gifted intelligence, creativity and ADHD. Why and how that works exactly remains a mystery for cognitive neuroscience to unravel.

What are considered ‘creative traits’ seem to overlap to a great extent with behavioural descriptions of ADHD: higher levels of spontaneous idea generation, daydreaming, sensation or thrill seeking, high energy, hyperactivity and impulsivity. In fact, people with ADHD are more likely to excel at creative thinking tasks.



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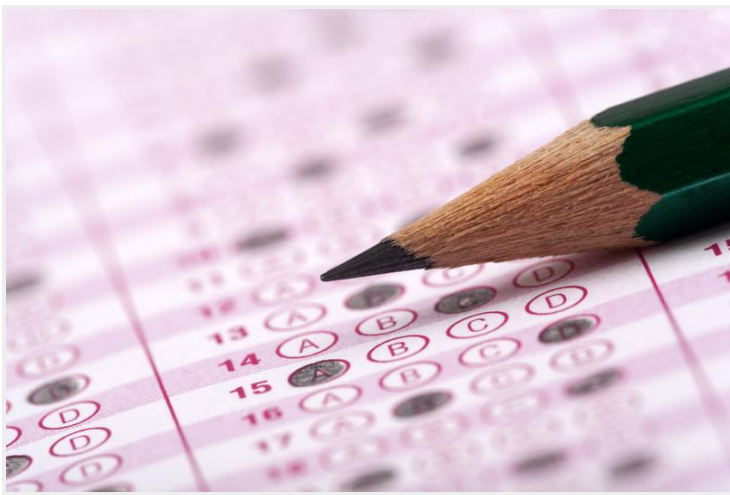
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It is well-known that people with ADHD tend to have difficulties with working memory which can impact performance. So often kids who have ADHD struggle academically despite ADHD and IQ being separate constructs. Interestingly, what research is finding it that even with deficits in working memory, students with ADHD showed no appreciable differences in their fluid reasoning ability from their non-ADHD counterparts. Even more impressive is that on the creativity index, for both ADHD and non-ADHD subjects, the poorer the working memory, the *higher* the creativity!

So knowing that ADHD brings these kinds of talents, how can you harness the power these gifts bring?

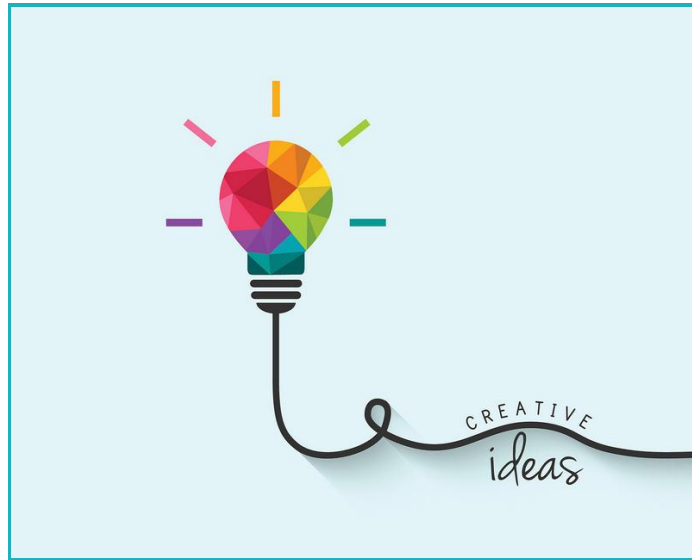
Advocate for Broader Assessments

What we are learning about people with ADHD is that they are quite creative and quite bright. Often times, problems with attention and working memory may overshadow true abilities. Assessments generally do not assess levels of creativity. Broader assessments could allow those with ADHD to reveal their creative abilities such as imagination and divergent thinking. Tests of IQ could utilize more fluid reasoning skills rather than simply relying on memory and memorization. If you feel that you or your child may be underperforming on standardized assessments, ask about assessing abilities in other ways to get a true picture of IQ and ability.





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Embrace Who You Are

Being different does not mean being 'less than'. Being different means being unique. And every one of us is unique in some way. Whether you were the 'weird kid' or the 'loud kid' or the 'science nerd', you had and have ADHD. It is part of you. Yes, it brings struggles. But it also brings talents and rewards others can only dream of...creativity, fluid reasoning skills, compassion, high energy and a zest for life, emotional intuition, quick thinking...the list goes on.

But before you can use a gift, you have to accept it as a gift.

Don't Listen to Naysayers

There's always someone somewhere who will say you 'have' to take medicine, you 'have' to do this treatment or that, or you 'can't' do this or that. You have to decide what path you take and what is right for you. You are not broken and you don't need 'fixing'. There is no such thing. What you DO need is a plan to manage your symptoms in such a way that you can be productive and positively engaged in your life. There is still so much we don't know about ADHD but what we do know is 'one-size fits all' treatment doesn't work. Find a trusted healthcare provider or therapist and get a treatment plan that works for you.

Let Your Creativity Out To Play

Creative activities are relaxing and nurturing...and they're fun. When you have ADHD and high levels of creativity, that urge may be strong. Allow yourself time to indulge in those creative endeavors that bring you enjoyment. If you're able, look for jobs or opportunities that



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allow you to exercise some creativity. Share your creativity with others if you feel comfortable.

Get To Know Yourself

Every person has preferences, habits and limits. Pay attention to what works for you. Understanding what helps and hinders you will help you to effectively tap into your powers.

- Know Your Attention Span – People with ADHD tend to have rather short attention spans. Get to know what yours is. When you're doing average or mundane activities, time yourself. See where it is you find yourself starting to lose focus. Attention will vary a bit depending on what you're doing but over time, you'll begin to find the average.





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- Get A Timer and Use It

Setting a timer helps to keep you on track and within your period of productivity and attention. You can set it as a way to keep you focused. You can use it as a reminder to take a break. How you structure that time is up to you and what your preferences are. Experiment to find what works for you. After a couple of intervals be sure to take a break so that you come back refreshed and ready to work some more.

>>You can use a regular timer, a stop watch or even a timer app like *Focus Keeper*.

- Use To-Do Lists

Use a daily, prioritized to-do list to help keep track of what needs to get done. Prioritize what needs to be done and put it at the top of the list. Do that first. You can use paper and pencil, a notes function on your smartphone or even an app like *Wunderlist* that helps you keep your list up-to-date.

- Set Goals for Yourself



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Make sure your goals are small enough to be attainable and are realistic for your situation. SMART goals help you to define your goal and how you plan to achieve it. Goals also help you to stay interested and challenged in what you're doing.

- Tap Into The Moment with Mindfulness Meditation

People with ADHD tend to be high energy and quick thinking. Sometimes things can be moving so fast, you can't keep up with everything you're thinking. Meditation requires one to slow down and pay attention to the immediate feelings and sensations. Mindfulness meditation practices have been found to be an effective tool for managing ADHD. Benefits have included improvements in attention and executive functioning.

Conclusion:

At the end of the day, having a diagnosis of ADHD does not mean that you are in any way flawed or broken or 'less than'. It simply means that your (or your child's) brain processes information differently. As research is telling us, those differences may mean deficits in some areas like working memory but significant assets in other areas such as creativity and divergent thinking. Each person is unique. Each person has his or her own interests, talents and challenges.

The single most important thing you can do if you or loved one suspects ADHD is to be fully evaluated. Understand what is happening. Educate yourself and find the approach that works best *FOR YOU*.

Honor the unique gifts you have. Do things that are nurturing and healing. Above all, be kind to yourself.



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[**EXAM LINK**](#)