

ADULTING WITH ADHD





WHAT IS ADHD?

Attention Deficit Hyperactivity Disorder (ADHD) is a neuro-biological condition causing developmental difference in the brain's wiring. This difference affects the system in the brain that controls self-management or executing functioning (Baired-Goldman, 2022). Executive functioning is the brain's ability to control working memory, time management, organization, planning, tasks prioritizing, self-regulation, impulse control and emotional regulation.

There is mixed research on whether ADHD is a disease, disorder or a condition with its own unique set of strengths. Listed are some of the commonly known symptoms and strengths presented in individuals with ADHD.

Symptoms: Time blindness, impulsivity, memory difficulties, poor task management, audio/ visual processing difficulties, emotional dysregulation, poor interpersonal effectiveness, and difficulty controlling attention (Malten, 2014).

Strengths: Highly creative/out of the box thinking, highly sensitive/ empathetic, high energy, charismatic, spontaneous, hyper-focus, pattern recognition, tendency to be effective in a crisis and good problem solving capabilities (Malten, 2014).

There are three subtypes of ADHD; hyperactive, inattentive and combined type. Here is an inside look into what each subtype may present as.

- 1. Hyperactive:** Individuals who express this type may feel as if being run by a motor. They may fidget, blurt out answers, interrupt others, enjoy high stimulation, overeat, overspend, find it difficult to finish a book or relax.
- 2. Inattentive:** Individuals who express this type tend to be prone to daydreaming, chronic sense of overwhelm, worries, rumination, prefer quiet activities and tend to be sluggish
- 3. Combined:** Individuals who show balance of both have a combined type of ADHD. All three types may struggle with paying attention to detail, hypersensitivity, careless mistakes, trouble staying on task, hyper-focus, poor working memory, processing audio or visual information (ex: understanding directions), frequently losing things and doing tasks that require sustained effort.



ADHD is a spectrum, therefore individuals generally experience both hyperactive and inattentive symptoms. Subtype is determined by frequency of onset symptoms

(Matlen, 2014).

THE LAUNCH PAD



Tip: Activating multiple senses can help with learning and remembering.

A designated area to start your day

In the book *The Queen of Distraction*, Matlen describes a helpful technique called the launch pad. The launch pad is a designated area, designed to help reduce morning stress, help with working memory, build a routine, and increase productivity.

Your launch pad should be in a location close to your front door. This can be an end table, hall tree, bench or even on the wall. Explore helpful organization tools to help create a functional space (ex: hooks, clear bins, calendar, whiteboard, outlets). Keep the launch pad simple, easy to use, and minimal.

Next plan out your survival kit, this is everything you need for the day. This can include your standard items like phone, wallet, keys, cash and water, as well as additional items like important documents, gifts, umbrella, workout gear.

(Matlen, 2014).

EXERCISE #1

BUILDING YOUR LAUNCH PAD

Reflect and explore what your launch pad or command center at home may look like. Follow the prompts and answer the questions below.

1. What items would be most helpful in your launch pad at home?

2. List items that would be in daily survival kit.

3. Reflect on what planning and implementing your launch at home would look like? (time, location, action steps)

Decluttering the Clutter

EVERYTHING NEEDS A HOME

Organizing a home is already a daunting task for most, but for those with ADHD it can feel impossible. So here are a few tips to help break down and tackle organization.

When it comes to cleaning KC Davis talks about how there are only ever five things to clean; trash, dishes, laundry, things that have a home, and things that don't have a home. When it comes to cleaning a space, focus on one thing. For example start with taking care of the trash. Breaking it down into bite sizes can help reduce the overwhelm and increase overall productivity. Remember keep things simple, easy and minimal.



EXERCISE #2

THE MAIL DILEMMA

Breaking down mail into broad categories can help make it easier to tackle. Follow the prompts below and reflect on what kind of mail/documents would go into each category. Write examples in each box

RED FOLDER - This is anything that affects your comfort or survival

URGENT

-
-
-
-

YELLOW FOLDER- These items affect quality of life or relationships

IMPORTANT

-
-
-
-

GREEN FOLDER This is for anything informative or with no deadline

INFORMATIVE

-
-
-
-



HOW TO DO THE TO-DO LIST

1. Simplify It

When it comes to creating a ToDo list try to keep it minimal vs complex. Think of it as the bare minimum. This means focus on the overall task instead of the action steps. Another option is break down the list by due date or urgency. Remember urgency is anything that will compromise your comfort or survival.

2. Warm-up

Getting started can feel paralyzing at times. Some great ways to get out of the funk is to ease into it. This can be listening to your favorite playlist while you knock out some chores, it can be simply starting with 5 minutes of project, or doing the easiest task first.

3. Body Double

Using the buddy system can really help anchor anyone who is struggling with staying focused, on task, or with getting started. The goal of body doubling is to double up with someone that can anchor you to the task or someone that will provide minimal distractions. This can include study dates or chore hangouts with friends and family.

4. Make it a Game

Finding the motivation to do something you find incredibly boring can be difficult and sometimes exhausting. One way to tackle boredom is to find the game or challenge behind each task or chore. This can be beating your time or creating point systems around boring tasks.

SOME HELPFUL TIPS AND REMINDERS

- ✓ Keep it **Simple**. Keep it **Easy**. Keep it **Minimal**
- ✓ One way to reduce the ToDo list overwhelm is to cover the list with a piece of paper or sticky note, so only 3-5 items are showing.

WORKING WITH WORKING MEMORY

Challenges with working memory in individuals with ADHD can feel like you often have to remind yourself to simply remember. Constantly stressing about whether you forgot something or misplaced something can be exhausting. So here are a few tips and tricks to help navigate some of those challenges.

Using visual aids can really help to jog your memory. Individuals often struggle with object consistency, essential, if its out of sight its out of mind. For example if you struggle with food/produce going bad, try rearranging your fridge so that objects that expire are in your line of sight. This can look like fruits and veggies on the door, milk and dairy front and center, and lastly items like drinks and condiments in the drawers.

Another tip is to use the tools already at your disposal. Technology like smart phones, watches and home devices can be great executive assistants. If you've ever lost your car in a parking lot then you know the pain and struggle of the clicking your alarm to figure out where your car is. Next time you park in a new place try pinning your location on your maps. Another option is to take pictures of your surrounds when you park to help you locate it when you're ready to leave.



EXERCISE #3

THE EXECUTIVE ASSISTANT

Follow the prompts and reflect on some ways you make your smart device work for you.

What smart devices do you own?

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Reflect and write out ways your smart device may be able to assist you in daily activities

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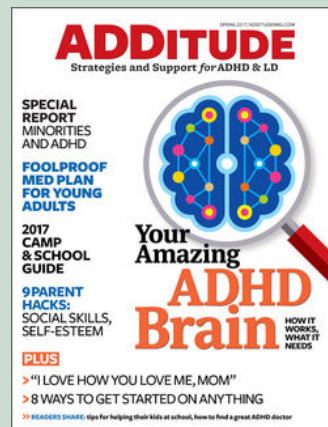
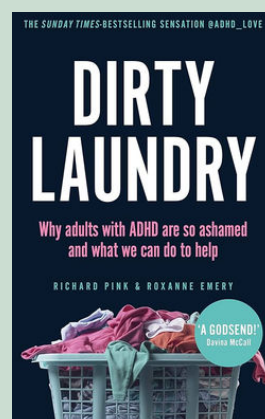
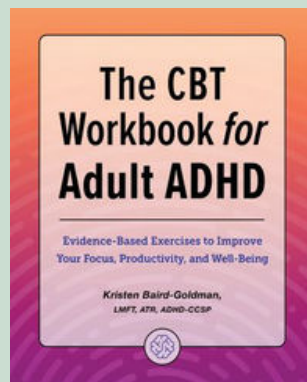
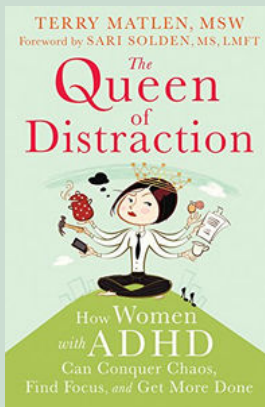
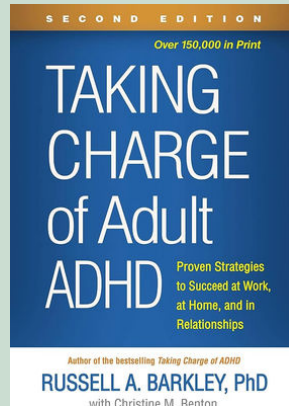
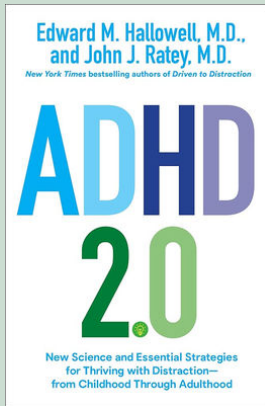
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RESOURCES

This resource page has everything from books, websites, organizations and even social media pages that focus on ADHD



INSTAGRAM ACCOUNTS

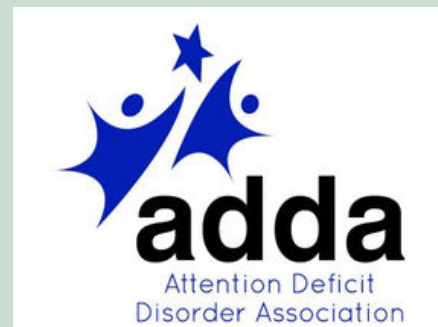
@adhd_love_

@cherry.adhd

@thepsychdoctormd

@adhdchatter

@tarahelizabeth_



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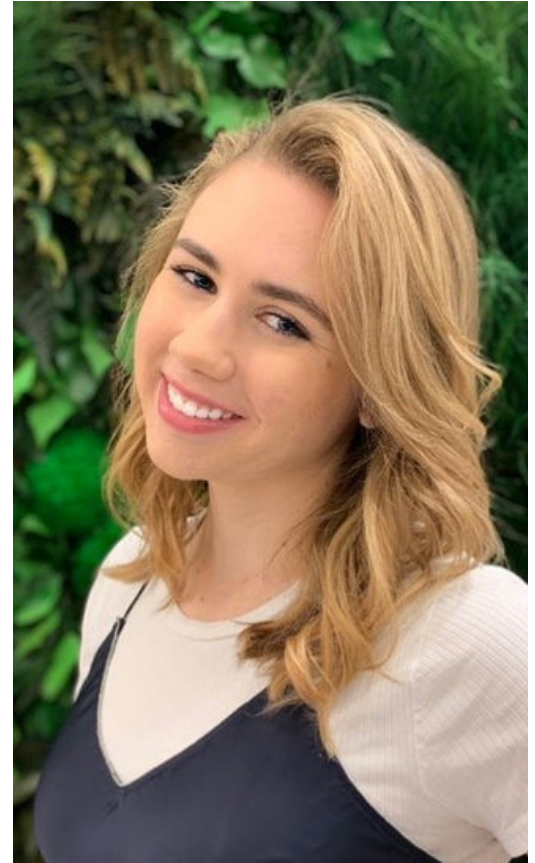


THANK YOU!

I believe in taking on a holistic approach in therapy which focuses on you, the client. I take everything into account that can affect you, this includes relationships, the environment, spirituality, health & wellness to help you find balance, growth and healing.

I use a humanistic or client-centered approach to counseling. This approach to counseling focuses on facilitating a therapeutic alliance that is built on trust, authenticity, empathy and meeting clients where they are at. I believe that each client and their experiences are unique, therefore they know themselves best.

My aim as a counselor is to provide guidance, support and a safe space that encourages growth and healing. Therapy is not a one size fits all, therefore my approach is to tailor one's treatment to best fit their needs.



SCHEDULE A FREE CONSULTATION

CALL: 832-559-2622

For more information about Eddins Counseling Group and the services they offer please visit
www.eddinscounseling.com