

# ATTENTION DEFICIT HYPERACTIVITY DISORDER

# ADHD

ADHD AFFECTS 4.4% OF U.S. ADULTS, BUT MOST ADULTS WITH ADHD HAVE NOT BEEN DIAGNOSED WITH THE CONDITION. EVERY CASE OF ADHD CAN BE AS UNIQUE AS THE PERSON WHO SUFFERS FROM IT AND THERE ARE MANY DIFFERENT SETS OF SYMPTOMS PEOPLE MAY SUFFER.

## TROUBLE CONCENTRATING AND STAYING FOCUSED:

- EASILY DISTRACTED
- TOO MANY THOUGHTS AT ONCE
- STRUGGLING TO PAY ATTENTION
- DAYDREAMING WITHOUT REALIZING IT
- FREQUENTLY MAKING ERRORS OR MISSING IMPORTANT DETAILS
- EASILY BORED

## HYPERFOCUS:

WHILE SOME PEOPLE HAVE DIFFICULTY STAYING FOCUSED ON A TASK, OTHERS MIGHT BECOME HYPER-FOCUSED ON THINGS

## DIFFICULTY MANAGING EMOTIONS:

- IRRITABLE, SHORT-TEMPERED
- FEELING INSECURE, LOW SELF-ESTEEM
- OVERLY SENSITIVE TO CRITICISM
- INABILITY TO STAY MOTIVATED

## IMPULSIVITY:

- BLURTING OUT THOUGHTS
- ACTING CARELESSLY
- SOCIALLY INAPPROPRIATE BEHAVIOR
- TALKING OVER OTHERS OR FREQUENTLY INTERRUPTING

## HYPERACTIVITY OR RESTLESSNESS:

- FEELING AGITATED, RESTLESS OR HAVING RACING THOUGHTS
- BECOME EASILY BORED
- ENGAGING IN RISKY BEHAVIORS
- CONSTANTLY FIDGETING
- EXCESSIVELY TALKING

## DISORGANIZATION AND FORGETFULNESS:

- PROCRASTINATION AND FAILING TO MEET DEADLINES
- START SEVERAL PROJECTS WITHOUT FINISHING THEM
- DISORGANIZED
- POOR TIME MANAGEMENT
- CHRONICALLY LATE
- FORGETTING APPOINTMENTS AND COMMITMENTS
- FREQUENTLY MISPLACING ITEMS

ADHD TREATMENTS VARY FROM PERSON TO PERSON BUT OFTEN INCLUDE MEDICATIONS, INDIVIDUAL THERAPY, AND/OR LIFESTYLE CHANGES

WHEN ADULT ADHD SYMPTOMS NEGATIVELY AFFECT YOUR LIFE, DESPITE YOUR BEST EFFORTS TO MANAGE THEM, IT IS TIME TO SEEK PROFESSIONAL HELP.

