



## **Tips on Managing A.D.D.**

1. Be sure of the diagnosis—get a comprehensive evaluation
2. Educate yourself
3. Coaching
4. Encouragement
5. External Structure
6. Color coding
7. Use pizzazz
8. Make a good choice in a significant other
9. Have a structured” blow-out” time
10. Recharge your batteries
11. Set up your environment to reward rather than deflate
12. Realize what A.D.D. is not
13. Choose “good” helpful addictions such as exercise
14. Understand mood changes and how to manage them
15. A cycle of “startle” is followed by a mini-panic dealt with obsessing
16. Educate and involve others
17. Give up guilt over high-stimulant-seeking behavior
18. Learn to joke with yourself and others about your various symptoms
19. Plan scenarios to deal with the inevitable blahs
20. Expect depression after success
21. Learn shorthand ways of labeling
22. Acknowledge and anticipate the inevitable collapse of x% of projects
23. Embrace challenges
24. Make deadlines
25. Break down large tasks into small ones
26. Listen to feedback from trusted others
27. Prioritize and avoid procrastination
28. Schedule activities with friends
29. Use time-outs as with children
30. Learn how to advocate yourself
31. Avoid premature closure
32. Find and join groups where you are liked, appreciated, and understood
33. Don't stay too long where you are not understood or appreciated
34. Accept fear of things going to well
35. Try to let successful moments last and be remembered
36. Remember that A.D.D. usually includes a tendency to over focus
37. Pay complements
38. Set social deadlines
39. Notice how and where you work best
40. Know that it is OK to do two things at once
41. Do what you are good at
42. Leave time in between engagements to gather your thoughts
43. Consider starting or joining a support group
44. Try to get rid of negativity
45. Don't feel chained to conventional ways of coping
46. Exercise vigorously and regularly
47. Keep a note pad
48. Read with a pen in hand
49. Pay attention to eliminating harmful addictions
50. Try to help others with A.D.D.
51. Seek individual and family counseling when needed
52. Use medication when required