

What is ADHD?



The acronym “ADHD” stands for **attention-deficit hyperactivity disorder**. People with ADHD typically have a hard time paying attention and may act without thinking about the consequences. Of course, *everyone* has these problems occasionally. But for those with ADHD, the problems happen more often, and are more intense.

☰ Signs of ADHD

ADHD has two major parts: **inattention** and **hyperactivity**. Most people have some signs of each, but everyone’s experience is unique.

Signs of Inattention	Signs of Hyperactivity
✔ struggle to pay attention <i>mind wanders, easily distracted</i>	✔ difficulty sitting still <i>get in and out of seat during class</i>
✔ difficulty following through on tasks <i>start a project but leave it unfinished</i>	✔ constantly fidget <i>squirm in seat, tap fingers on desk</i>
✔ often forget responsibilities <i>forget to do chores or turn in homework</i>	✔ often feel restless <i>feel on edge when sitting or waiting</i>
✔ make careless mistakes <i>miss last page of test or leave faucet on</i>	✔ difficulty waiting turn <i>blurt out answers, interrupt others</i>
✔ very disorganized / often lose things <i>lose homework in messy backpack</i>	✔ overly talkative <i>struggle to be quiet and listen to others</i>

📍 Facts

- Almost 1 in 10 kids and teens have ADHD.
- ADHD does not determine a person’s future. Many people with ADHD are hard-working, intelligent, and highly successful.
- Many people with ADHD find that their symptoms decrease with age.
- Treatment and practice can help people learn to manage the symptoms of ADHD.

💓 Treatment

Therapy

In therapy for ADHD, people learn practical skills to manage symptoms, improve social skills, reduce unwanted behaviors, and learn to manage emotions.

Medication

In some cases, medication is prescribed to help manage the symptoms of ADHD. Medication can help improve focus and reduce hyperactivity.