

DAY 4

”WHAT CAN I DO?”

PROGRAM

Content

Session 1: What is ADHD

Session 2: How does it affect me?

Session 3: Treatment options

Session 4: What can I do?

Format

4 sessions, 90mins

Slides, clips, exercises, questions

Respect and trust

RECAP OF PREVIOUS SESSIONS

- What we've learned so far
 - What is ADHD?
 - How does it affect you?
 - What treatment options are available?

STRATEGIES

Break-out rooms:

- Where do you still struggle?
- Does any of you have suggestions how to cope?

- Catch up in main room:
 - Which struggles?
 - Any good suggestions?

MANAGING ADHD

- Organization
- Tools
- Decluttering

- What works for you?

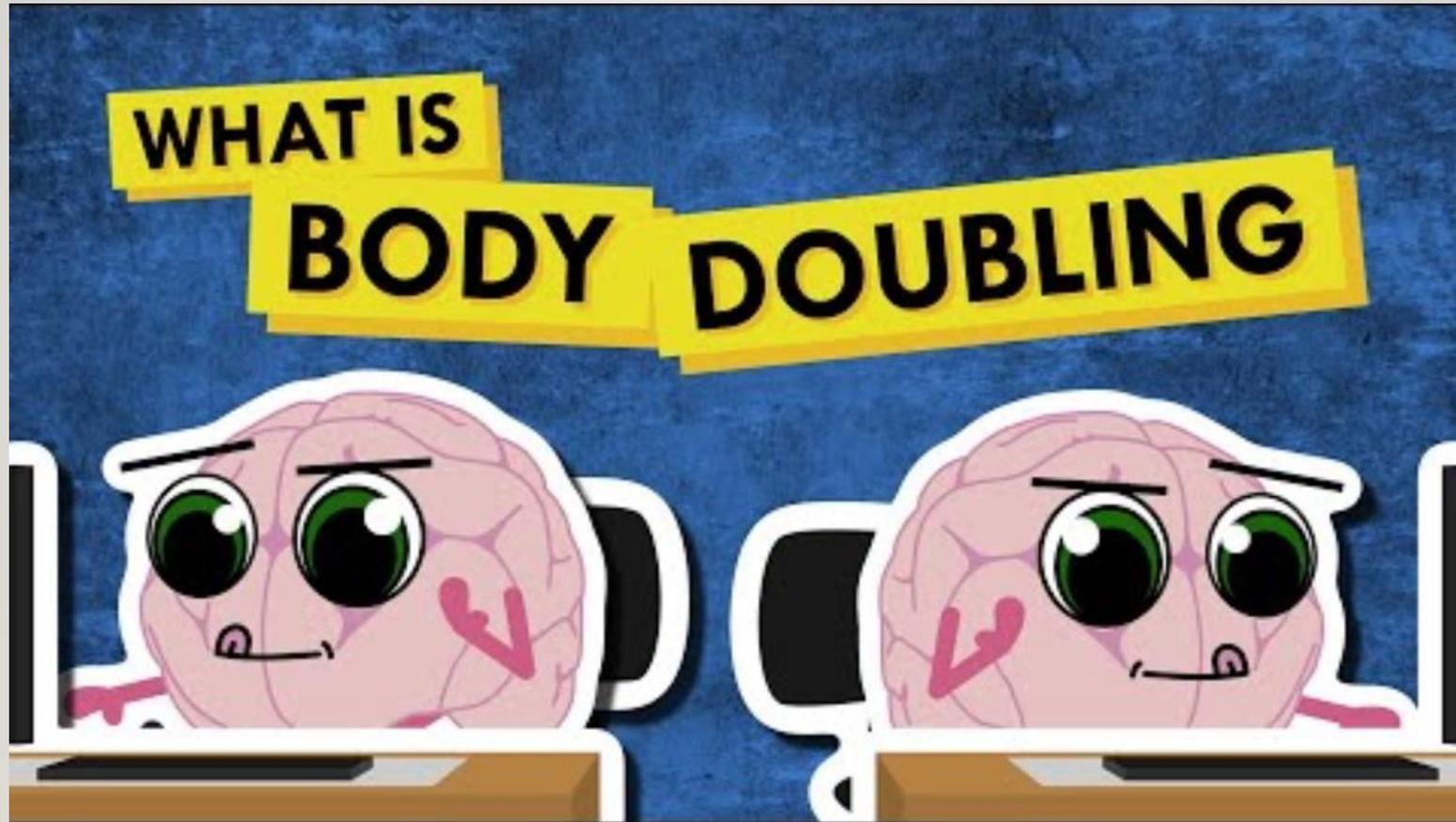


TIME MANAGEMENT

- Focused work and planned breaks
- Break down tasks into smaller “chunks” and allocate time to each
- Margin for errors / buffer time
- Think sprint not marathon runner



TIME MANAGEMENT: BODY DOUBLING



HABITS AND ROUTINES

- Structured Morning Routines
- Planning Systems
- Prioritization
- Reminder Systems



SYMPTOM-SPECIFIC STRATEGIES:

- Activity breaks for mental fatigue
- Switching activities to maintain momentum
- Environmental cues to trigger memory and nudge behavior
- Short term low-level stress for Motivation
- Others?

CONFIDENCE / IDENTITY

- Reframe setback
- Advocate for yourself
- Celebrate small wins
- Self-Evaluation
- Reframing for the Self and Others



EMOTION REGULATION

CHECK THE FACTS

Check out whether your emotional reactions **fit the facts** of the situation.

Changing your beliefs and assumptions to fit the facts can help you change your emotional reactions to situations.



OPPOSITE ACTION

When your emotions do not fit the facts,
or when acting on your emotions is not effective,
acting opposite (all the way)
will change your emotional reactions.

EMOTION REGULATION (STOP)

Stop

Take a step back

Observe

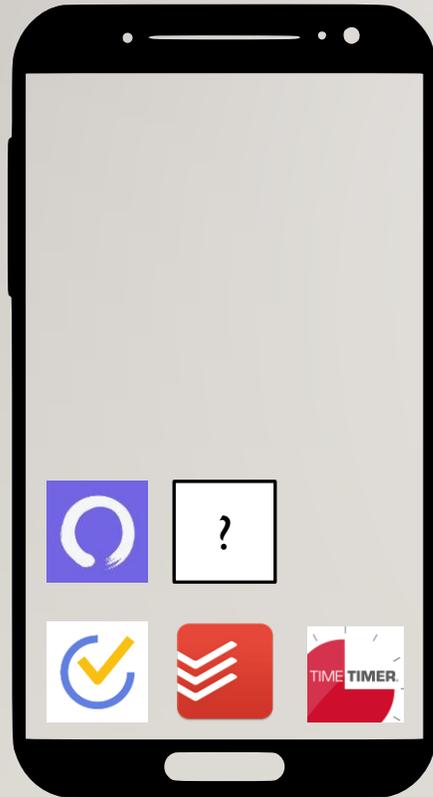
Proceed mindfully



PERSONALIZED APPROACHES

- What is uniform: stress, sleep, exercise, diet, personal relationships, economy and alcohol (and other substances)
- What is personal: what works for you?

APPS THAT MIGHT HELP



Planning:

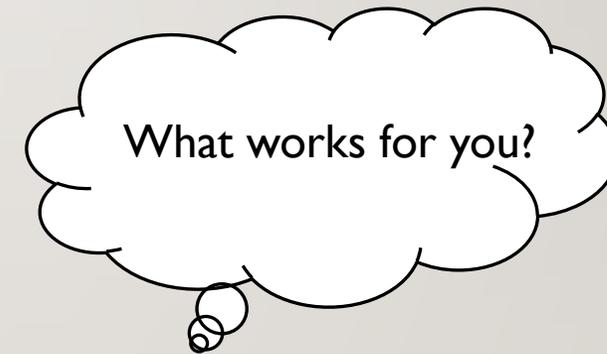
- Todoist
- Ticktick

Time management:

- TimeTimer

For managing screen-use:

- ScreenZen



FURTHER ENLIGHTENMENT

Webpages:

- CHADD (Children and Adults with Attention-Deficit/Hyperactivity Disorder)
- ADHD foreningen (DANISH) www.ADHD.dk
- Top 10 Productivity Methods Beyond the Pomodoro Technique, Roger Wood, may 2024
<https://www.timetrex.com/blog/top-10-alternatives-to-the-pomodoro-technique>
- Strategies for Coping with Time-Related and Productivity Challenges of Young People with Learning Disabilities and Attention-Deficit/Hyperactivity Disorder
<https://pubmed.ncbi.nlm.nih.gov/30781837/>

Books:

- Lotta Borg Skoglund: ADHD Girls to Women
- Russell A. Barkley: Taking charge of Adult ADHD

Youtube:

- Viva la Dirt League – ADHD and me (fun)
- How to ADHD (helpful strategies and education)