# **ADHD OR NOT?**

ADHD can be tricky because there are many other explanations for why someone struggles with attention that may seem like ADHD but are not.

### **ADHD**

- -Impulsive
- -Temper outbursts
- -Too many thoughts
- -Overly sensitive

### **BOTH ANXIETY**

- -Nervousness
- -Sleep loss
- -Likes routines
- -Isolated impulsivity
- -Tense Muscles

## TIPS AND SKILLS

- Develop an organizational system
- Develop a study technique (e.g., 25 minutes of work with 5 minute breaks)
- Keep a structured home environment
- · Set reminders (e.g., set alerts on phone, calendar with notifications, written notes)
- Engage in relaxation techniques (e.g., deep breathing, progressive muscle relaxation, etc.)
- Practice meditation (helps to increase concentration and deal with stress and anxiety)
- Remove apps and other distractions from your device or home screen
- Maintain healthy habits

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