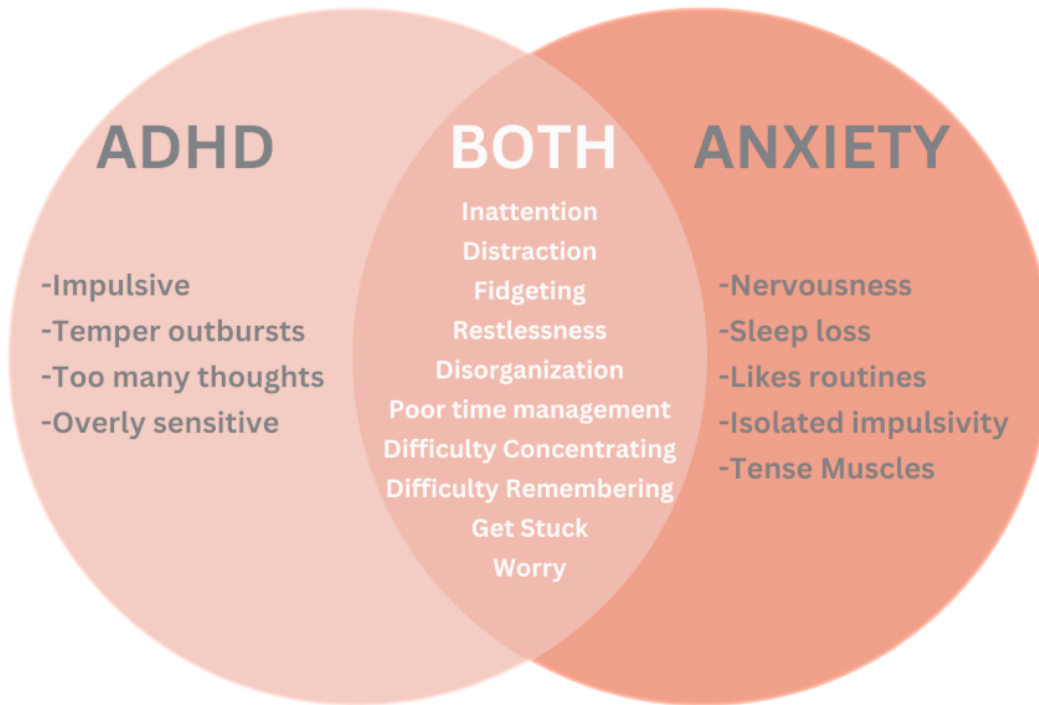


ADHD OR NOT?

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



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

