



ADHD IN ADULTS

Understanding. Empathy. Support.

ADHD (Attention-Deficit/Hyperactivity Disorder) doesn't just affect children.
It often continues into adulthood—sometimes undiagnosed for years.
With the right support, adults with ADHD can thrive in work, relationships,
and every area of life.

WHAT ADHD MAY LOOK LIKE

in Adults



Inattention may look like:

- Difficulty focusing or staying on task
- Easily distracted
- Forgetfulness in daily activities
- Trouble organizing tasks and space
- Difficulty starting or finishing tasks
- Losing things often
- Overlooking details



Hyperactivity & Impulsivity may look like:

- Feeling restless or "on the go" inside
- Fidgeting or needing movement
- Talking a lot or interrupting others
- Acting without thinking
- Difficulty waiting your turn
- Impatience

COMMON CHALLENGES

Adults May Face



Time management and procrastination



Disorganization and clutter



Overwhelm and mental fatigue



Struggles in relationships and communication



Low self-esteem or feeling "not enough"



Difficulty regulating emotions

ADHD is not a lack of intelligence or motivation—it's a difference in how your brain works.

STRENGTHS OF

Adults with ADHD



Creative problem solvers



Think outside the box



Passionate and caring



Energetic and adaptable



Great at hyperfocus (deep focus on interests)



Resilient and resourceful




Bring enthusiasm and joy

Your ADHD is a part of you, but it does not define you.

STRATEGIES THAT CAN HELP



Break tasks into small, manageable steps




Use planners, reminders, and visual schedules




Create routines and structure where possible




Move your body and take regular brain breaks



Prioritize sleep, nutrition, and self-care



Ask for support and build your support system



Work with a therapist who understands ADHD

Small changes can create big shifts. Progress, not perfection.

WHEN TO SEEK SUPPORT

Consider reaching out if ADHD is:

- Affecting your work, school, or relationships
- Causing stress, anxiety, or self-doubt
- Impacting your daily life and goals
- Leaving you feeling stuck or overwhelmed

You don't have to figure it out alone. Support can help you create the life you want and deserve.

YOU ARE Not Alone

Many adults with ADHD spent years wondering, "Why is this so hard for me?" A diagnosis can bring clarity, relief, and a path forward.

Understanding is the first step to healing.

TREATMENT CAN HELP

Support for ADHD may include:

- ♥ Therapy and ADHD coaching
- ♥ Medication (when appropriate)
- ♥ Skills training and organization tools
- ♥ Emotional regulation strategies
- ♥ Building confidence and self-compassion
- ♥ Developing routines that work for you

With the right tools and support, you can thrive with ADHD.

