



Healing Puzzled Minds: Understanding ADHD

Informative guide on ADHD. Symptoms, support, and treatment options.

What is ADHD?

Neurodevelopmental disorder affecting children and adults.

Characterized by inattention, hyperactivity, and impulsivity.



Recognizing ADHD Symptoms

1

Attention Challenges

Trouble focusing, frequent daydreaming, easily distracted.

2

Organizational Issues

Disorganization, forgetfulness, difficulty following instructions.

3

Hyperactivity

Fidgeting, restlessness, excessive talking or movement.

4

Impulsivity

Interrupting others, making hasty decisions, difficulty waiting.

Impact on Daily Life

ADHD can affect work, school, and relationships.

May lead to low self-esteem and increased stress.

ADHD Across Lifespan

1

Childhood

Difficulty in school, behavioral issues.

2

Adolescence

Academic challenges, social struggles, risk-taking behaviors.

3

Adulthood

Career difficulties, relationship problems, time management issues.

Seeking Professional Help

Consult mental health professionals for proper diagnosis.

Comprehensive evaluation includes medical history and assessments.

Treatment Options

Medication

Stimulants or non-stimulants to manage symptoms.

Therapy

Cognitive-behavioral therapy, social skills training.

Lifestyle Changes

Organizational strategies, exercise, nutrition improvements.

Support at Healing Puzzled Minds

Specialized team offers personalized treatment plans.

Empathetic approach to managing ADHD symptoms.

