

ADOLESCENT & ADULT ADD

WHAT CAN I DO ABOUT IT?

What are some symptoms of ADD?

Do you...

- Frequently forget where you put things?
- Have difficulty completing specific jobs, tasks, or goals?
- Find yourself jumping from thing to thing or topic to topic without finishing the thoughts or the needed communication to be effective?
- Struggle with focus and concentration?
- Often “do without thinking” and feel misunderstood by others?
- Are you easily distracted by external stimuli?
- Are you often overwhelmed by disorganization and not living up to your potential?

What can I do about it?

Some ways to improve attention:

- Find ways to effectively combat boredom.
- Reward success in tangible ways.
- Develop “sign posts” to clearly identify an effective way to focus and complete a task.
- Prioritize what is most important and develop a plan to simplify how to get things started and completed.
- Stop beating yourself up and thinking you are dumb.
- Consider therapy and the possibility of medication to help you in the process of overcoming distraction, hyperactivity or impulsivity.
- Read *Healing ADD* by Dr. Daniel Amen and *Adult AD/HD* by Dr. Michele Novotini, Ph.D & Dr. Thomas Whiteman, Ph.D

TODAY'S FAST-PACED DEMANDS AT SCHOOL AND WORK ARE HARD ENOUGH TO HANDLE. AND WHAT IF YOU HAVE ADD? THIS COULD MAKE COPING AND BEING EFFECTIVE WITH MULTIPLE RESPONSIBILITIES ALL THE MORE DIFFICULT. **THERE IS HELP.** IT IS AVAILABLE TO ALL WHO ARE WILLING TO TAKE A LOOK AT THEIR SYMPTOMS AND STRUGGLES WITH DISORGANIZED, SCATTERED AND DISILLUSIONED LIVING. FOR MORE INFORMATION, CONTACT **BACHMANN & ASSOCIATES.**



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