

ADHD: A for Awesome!

Can you easily lose time immersing yourself in doing the things you love?

Does your creativity help you to 'ace' problem-solving while your insight and boundless energy make you a good leader or entrepreneur?

Does your warm-heartedness often lead you to support the underdog and your sense of humour make you the life of the party?

Why wouldn't you want to have ADHD.



Find out more



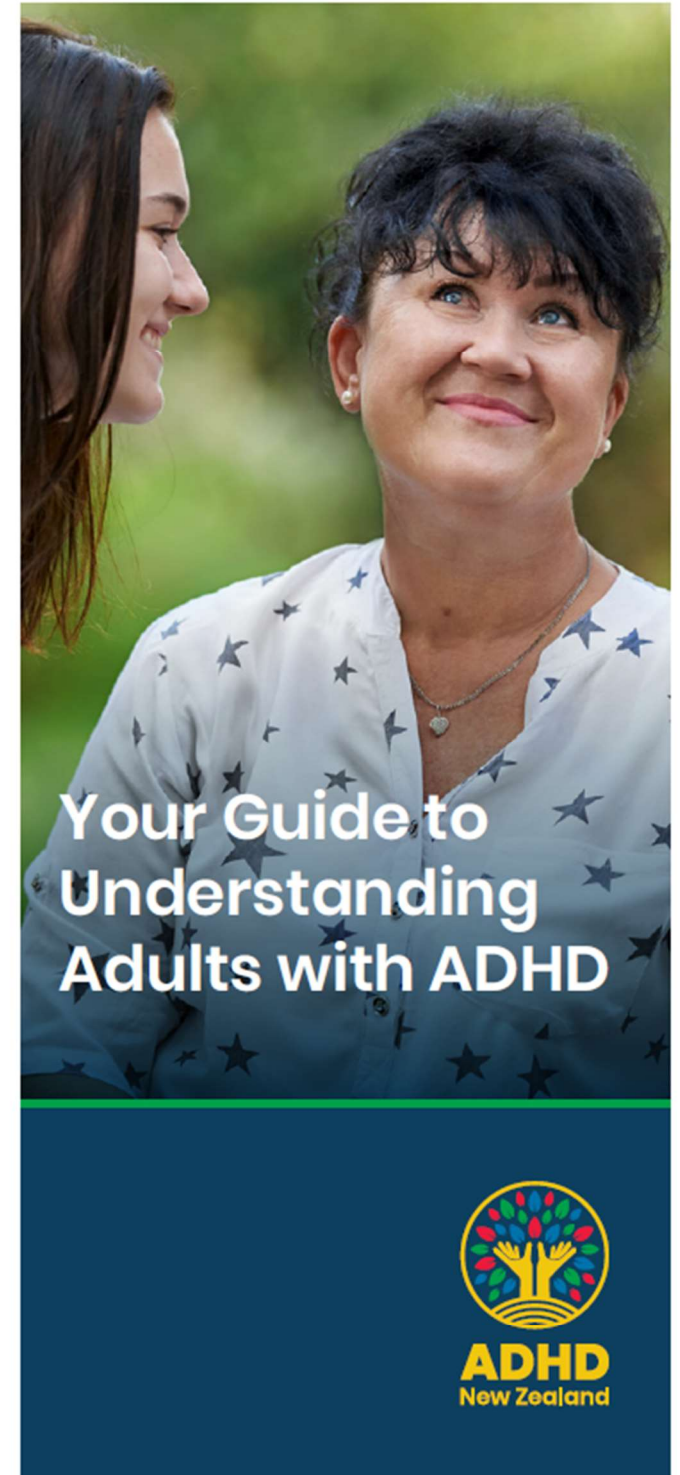
adhd.org.nz/adults-with-adhd

There are many benefits to having ADHD.

Head to adhd.org.nz to find out more about this and:

- what happens to the brain with ADHD
- details on the different types of ADHD
- how to get a diagnosis and from who, and
- what to expect when getting a diagnosis.

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Does this sound like you?

You love to live in the moment. That's much more interesting than planning or organising – which is boring. You're easily bored and consequently often leave activities (especially the boring ones) to the last minute.

Your racing mind skirts over numerous subjects as you crave stimulation. This, with your impatience, can challenge you when making realistic goals. You're often over-committing, multi-tasking and getting off track which inhibits the completion of your projects.

It's easy to get distracted or side-tracked by noise, people walking past or email alerts. This sidelines your focus and promotes little mistakes.

You're constantly tired, yet often have difficulty getting to, or staying, asleep. You have headaches and allergies but succumb to food/sugar cravings and habitually bite your nails or cuticles.

Your child may have been diagnosed with ADHD and you're wondering if you're one of the 25 per cent of parents who also has it.

What is ADHD?

ADHD stands for Attention Deficit Hyperactivity Disorder. The cause of ADHD is still unknown yet it affects up to one in 20 people.

In the ADHD brain, a specific part of the frontal lobe of the brain (the pre-frontal cortex) developed at a slower rate during your childhood and adolescence. The pre-frontal cortex is responsible for filtering and controlling attention, behaviour, emotion, energy or motor control and judgement. It's also responsible for executive functioning – which includes your ability to plan and organise and affects the responsiveness of your reward system.

Your ADHD brain has to work much harder to control and filter attention, behaviours, emotions that come naturally to others of the same age. This is the nature of the "disordered" part. It commonly results in significant fatigue by the end of the day.

Go to adhd.org.nz to find out more about the three ADHD subtypes:

- ADHD predominantly Inattentive type
- ADHD predominantly Hyperactive and Impulsive type, or
- ADHD predominantly Combined type.

Think you've got ADHD?

In previous generations, ADHD was commonly considered "an excuse for naughty kids".

For a lot of you, that's the environment that you were brought up in. So, it's little surprise that your parents didn't get you assessed.

By getting an assessment or diagnosis of ADHD, you can start to understand that there's a reason for the on-going challenges you've been facing. This can be an enormous relief.

Helpful ADHD Life Hacks

Make the most of your ADHD with these work, relationship and general life hacks:

Activate your life with at least 30 minutes of exercise every day.

Develop a support network of people who celebrate you.

Honour your "expert" brain and that you have specific strengths to offer.

Define your weaknesses compassionately; understand it's good to ask for support when you need it.

