

Coping Mechanisms

Because people with ADHD struggle with impulsivity, racing thoughts, and having an inability to keep still, it can be helpful to set goals that can help your child. They can include:

- Managing procrastination. One of the biggest issues for people with ADHD is not completing tasks or putting off certain tasks in order to do something else instead. This is why for people with ADHD, taking regular breaks can negatively impact task completion. Encourage tasks to be completed at suitable times, with limited distractions
- Limit impulsivity – for people with ADHD, this is extremely difficult, and so teaching your child to stop, and ask themselves if what they are about to do is something that they will benefit from, can reduce impulsivity
- Sleeping – this is another struggle for people with ADHD, and they don't tend to do well with the usual sleep routines of 'no devices, no lights, no tv, and quiet time,' as these things will likely make a person with ADHD actively look for things to stimulate them. Let them find what works for them.
- Mindfulness – breathing exercises, relaxation, and limited distractions can really help people with ADHD
- Build self-esteem – people with ADHD often have low self-esteem, possibly because they rarely feel like they have achieved something, or completed a task, so it is important to complement their achievements – no matter how small or insignificant they may seem
- Encourage your child to make a 'do not disturb' sign for when they are trying to focus on a specific task. Distractions are a person with ADHD's worst enemy, and if they are interrupted when they are focusing, it can be impossible for them to pick up where they left off before being interrupted.

Attention Deficit Hyperactivity Disorder (ADHD)

Coping Mechanisms



The Lotus Mental Health

www.thelotusmentalhealth.org

What is ADHD?

Attention Deficit Hyperactivity Disorder (ADHD) is a medical condition that affects brain development and brain activity with regards to attention. A person with ADHD is often categorised as being unable to keep still, or has racing thoughts, and often find that they have minimal self-control.

It is completely normal for people with ADHD to have trouble focusing, and struggle whenever their focus is interrupted.

A person with ADHD doesn't 'grow out' of it and symptoms continue into school, work, social lives, and relationships.

What can you do?

Having ADHD can be exhausting, and it can be equally exhausting to those around them too. Because of this, it can be hugely beneficial to have coping mechanisms in place that can help all involved.

It is important for you to find what works for you, your child, and your family, so here are a few examples to get you started...

Coping Mechanisms

If your child(ren) are feeling anxious, there are things that you can encourage your child to do that can help them. They are:

- Nobody should go through difficult times alone, and this is something that your child needs to learn to understand, because of this, it is important for your child to learn how to open up to people about how they are feeling. A parent, carer, brother, sister, grandparent, auntie, uncle, cousin, a trusted friend, a counsellor – it doesn't matter who, as long as your child feels comfortable talking to someone who they trust, about how they are feeling.
- Encourage your child to get the thoughts that are in their head – out. An effective way that they can do this by keeping a diary. Simply writing down how they are feeling can be really useful. Not only will that work because it helps them put a place for their racing and overwhelming thoughts, but it can also be used as a point of reference for any particular triggers that can make their ADHD worse
- Time management – something that many people with ADHD struggle with is time management. Because of this, having good time management can be life changing! Allowing extra time before leaving the house can be crucial to how a person with ADHD responds to what is going on around them.