

ADHD- how to keep focus on this crazy world.



What is ADHD?

Attention Deficit Hyperactivity Disorder is a medical/neurobiological condition in which the brain's neurotransmitter chemicals, adrenaline, and dopamine, work differently. Traits often linked to this condition include.

of hyperactivity, daydreaming, impulse issues, and fidgeting.

ADHD can cause dysregulation of attention and increase or reduce sensory-seeking behaviours among children. There are three main presentations linked with ADHD, although these can switch and change with developmental stages and environmental factors. Typically have three main presentations displayed and can switch between them. These are inattentive, combined, and hyperactive.

Inattentive often shows mostly symptoms of struggle with focus, seeming spacey or "in another world," and issues with organisation, forgetfulness, and missing common daily tasks, struggling with tasks that take sustained mental effort or seem monotonous to a reward-seeking brain.

Hyperactive presentations are what most people would associate with the condition. Common presentations of this specific one are hyperactivity categorised as fidgeting, moving, talking fast, struggles with regulation, and sensory issues. Struggle with waiting turns and finishing sentences before they have been fully stated. Issues with volume control and managing their social skills and conversations with methods such as interrupting, becoming too loud, or struggling to do quiet leisure activities.

Most people display a combined approach of both of these. The main consideration when looking at ADHD is what the struggles are and how they can be helped.

What struggles do those with ADHD often have?

Typically, many children and young adults struggle with **impulsivity and caution** before acting. However, those with ADHD often have larger issues with impulsivity, which impacts their lives further than average. Impulsivity comes into play in addictive tendencies and in protecting the self so those with ADHD can often be quite scatty and unable to estimate their surroundings if caught up in a conversation for example and this can lead to them nearly walking out in front of cars or not thinking in an argument before say to stating something they don't necessarily fully believe causing emotional problems later on and causing issues in interpersonal relationships.

- **Emotional regulation,**

those with ADHD can struggle with Emotional regulation since very strong emotional responses can occur from sensory issues not being able to have the motivation and a high aspect of shame ADHD can often also be quite anxious since they would be overcompensating for the fact they have short-term memory issues struggle to complete deadlines within a reasonable timeframe or forget simple tasks due to focus or attention.

- **Struggles with monotonous tasks.**

Because people with ADHD fundamentally run off of a different motivational system, aka the dopamine system, they often struggle with monotonous or considered repetitive or boring tasks. These people may struggle with doing daily chores such as laundry or completing simple tasks such as data entry due to the nature of the fact that these tasks do not offer a form of instant gratification this is also why they typically have very strong issues with short-term or immediate gratification such as social media platforms example Tiktok and gambling leading to addiction tendencies. From this, it can be interpreted that people with ADHD would struggle with completing daily tasks unless given some other incentive examples, the term gamification can be highly effective in this way.

- **Struggle with maintaining connections.**

Due to the nature of struggling with Focus, missing social Cues, and interpreting conflict scenarios can often be a struggle for those with ADHD this is a commonality this year with other neurodivergences such as autism.

- **Struggle with deadlines and long-term goals.**

The struggle with deadlines and long-term goals comes from both an aspect of no instant gratification and from an aspect of overwhelm and anxiety surrounding a very large amount of work. Those with ADHD often struggle with executive dysfunction and will commonly be found just staring at a book instead of reading it due to the struggles of it all. This is not consistent and diagnostic criteria; it is a common issue for some ADHD people. Those with ADHD can get stuck in rumination Loops instead of completing tasks and often struggle with completing work after the initial 75% is done because that would be the hard work, and it has just got to be finished. This comes into play because hard deadlines are not given within a short time frame which means that those related HDs often fail to get them done and if there are soft deadlines given they are usually not done at all until the last minute and then given a kind of panic response all the work is usually high quality this is not a good way to avoid burnout and damage to the person.



How do you support someone with ADHD in daily life?

There are many ways to support someone with ADHD. Some of these ways could be setting alarms, reminding them of time passing and assisting with setting up a consistent routine with another person holding them accountable to help and maintain it. Other options are teaching early on skills and methods for communicating effectively, putting items back in the same place as found, and having set clear boxes to place specific items to be sorted later on. Methods for homework and schooling can be broken down into smaller steps and have shorter hard deadlines with reward-based aspects and to wind. Using gamification and everyday life is also beneficial as it could be used to improve chores, fill the connection, and allow a higher level of dopamine associated amino tasks.

Some alternative options for extra support:

- organisation systems, using online mediums for easy access
- self-led hard deadlines with rewards
- alarms for self-care tasks
- schedules for task days

References used in this blog:

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