

## Tools

There are many different methods and tools that can be implemented, in order to help an individual with ADHD. Whether diagnosed, undiagnosed, medicated or unmedicated there are different tools that can be accessed to cater for the needs of those with the condition.

Upon diagnosis an individual will be offered medication. There are also therapies and coaching that can be accessed to help give a person with ADHD the mental support that they need to help them to manage their condition and the traits that affect them most.

Individuals need to assess what their triggers are, in order for them to be able to gain the best type of support and to create their own toolbox.

Local ADHD coaches/ counsellors and therapists are available in most areas. These tend to be at a cost but in some areas, the NHS may have local services that they offer (check with your local GP).

There will also be online help from professionals that can be accessed through online searches and forums/groups for individuals just wanting to reach out to those with similar experiences.

Individuals may find that understanding the condition better helps them to internally separate out what is an ADHD trait and what is not. Therefore, being able to give themselves some compassion when it comes to traits they find they have no control over. Reading books, listening to podcasts, online forums and courses are all different ways of informing a person on ADHD and its traits.

### Some tools that may help

#### Physical items:

- Weighted blankets (may help with anxiety and sleep)
- Soft bedding/blankets like silk or teddy bear material
- Fidgets rings (help with restlessness and anxiety in social situations)
- Foot rest to give pressure on legs (may help with restlessness)
- Head/earphones to avoid any sort of distractions. Brown noise (thunder and rain sounds) and red noise (said to help with concentration) are said to be helpful
- Fidget toys (help with concentration or anxiety)
- Square of favourite material in pocket (for touch or smell, like a piece of silk to stroke or with your favourite smell on)

## Activities/apps/organisation help:

- Exercise – this helps the body to release the dopamine that it would normally struggle to and to increase endorphins
- Outdoors – this helps to give a sense of calm, reduces stress and allows us you to be in your own mind, processing and facing those thoughts that we may have been avoiding
- Tablet organiser with days of the weeks on – to ensure medication is not forgot/to avoid double dosing
- Sticky note app on phone – to keep vital notes or to track bills
- Alarms - as a reminder for medication, upcoming appointments, daily tasks
- Body doubling - working with someone else to remind you and motivated you (see online forums)
- Put things into a planner - to avoid talking yourself out of doing something maybe due to RSD or anxiety
- Lists – this can work both ways. Some its helps to organise, some it adds pressure you need to analyse how this makes you feel when you write a list. Do you feel a sense of calm or do you feel anxious and overwhelmed if you don't achieve everything on them.

## Self Care

THIS IS ESSENTIAL FOR THOSE WITH ADHD! Out of all of the tools, this is the most important one. ADHD can make an individual run like a motor. Never stopping, never taking time for themselves, running into burnout, making themselves poorly, high anxiety levels and running down their immune system. You must make time or allocate a set time each week/ every 2 weeks for yourself. Whether that be a walk on your own, time to sit and journal, time to dance to your favourite music in the kitchen, to take yourself out for coffee and cake or to go to the gym.

Allowing yourself to be in your own mind, with your own thoughts is something that rarely happens in those with ADHD. Giving yourself that time to run through the past week/day/month, notice things/ situations that may have triggered you and how to avoid that in the future. To acknowledge how something has made you feel and if there is something that you can do to change it. Are there ways you could have reacted, situations you have found yourself in and realised these have occurred because of ADHD traits. Then give yourself some compassion in knowing that you couldn't have done anything to change that. That sometimes it's the ADHD in the mind that has reacted that way, made that decision, said something you didn't like and forgive yourself for it.

*Because sometimes the biggest burden and impact of ADHD is the way the individuals beat themselves up about things that they just have no control over.*

# TOOLS FOR ADHD

DISCOVER SOME TOOLS THAT CAN MAKE LIFE A BIT EASIER WITH ADHD



## Weighted blanket

A blanket with some extra weight. The physical pressure can help your body calm down, relax and sleep better. Some people even experience that they focus better.



## Calendar

Use a calendar to plan your day. It will help you remember the tasks that you have to do. With an electronic calendar or app you can also add alarms.



## Timer

It will help you start and finish tasks on time and become more effective. You can time pauses when you are doing something so you remember to rest.



## Jar of successes

Write down your successes on a paper and drop them down in the jar. Later, dip in and read them again when you need it. Remember that any success is good enough.



## Headphones

Headphones can reduce noises from the exterior that might distract you. Many people can also focus better when listening to music or nature sounds.

## Supplements

There has been a lot of research into different nutrients and supplements that can have a positive effect on some of the brains functions. Below is a list of different supplements, that research has suggested can help with those areas of the brain the are mostly affected by ADHD:

- Omega 3,6 and 9 these - help to improve concentration
- CoQ10 - this helps with hyperactivity
- Mushroom complex - these can enhance brain function
- Zinc - to help impulsivity
- Magnesium - to help emotional stability
- Kombucha - gut health is thought to have a big effect on ADHD symptoms and kombucha is seen to help improve this

Additudes (online resource) information on supplements and vitamins that can help can be found on this link

<https://www.additudemag.com/slideshows/treating-adhd-without-medication/>

## Tab 5 Resources

### Books:

Dirty laundry - <https://amzn.eu/d/g4eW0IB>

How not to murder you ADHD child - <https://amzn.eu/d/giuzFAj>

Step by Step Help for ADHD children (This is the steps from the course the CAMHS run upon an ADHD diagnosis.) <https://amzn.eu/d/dAMdMRk>

### Podcasts:

Below are a few podcast that have good reviews (mainly female related) but there are many more relating to parenting, professionals and males on Spotify and Apple podcasts:

Adhd AF (as females) - <https://open.spotify.com/show/0Bt32kDxZGiGjW8v1q3Lk7?si=d6a39bc094264778>

The ADHD adults podcast - <https://open.spotify.com/show/2oYZwGakl7shJFG0IJ8JMt?si=56c78da201004ff1>

The ADHD unfiltered podcast - <https://open.spotify.com/show/3eF5QXkpLMvc55d0VtXmpm?si=8e3b7d2156474c8e>

Adhd babes: The podcast - <https://open.spotify.com/show/3zhMSmK4fotvYG0bluxqNo?si=28048861108c4966>

### Instagram and Facebook pages

- Adhd Staffordshire support
- Pegis (closed group)
- Adhd foundation
- Adhd\_untangled
- The.neurodivergentcollective
- The\_mini\_adhd\_coach
- ADHD UK
- Additude

## Online help

Online information regarding ADHD events, webinars, video, forums and much more comes in a great variety now meaning that whatever type of information you require, is accessible at all times. This can mean opening opportunities to meet other with the condition at support group, attending events intended to inform and welcome those with ADHD. Accessing webinars that give help, support and information on ADHD as a whole or specifically on certain traits.

**Eventbrite** - continually have events running all over the country and online, happening through out the year

[City of Stoke-on-Trent, United Kingdom Adhd Events | Eventbrite](#)

**ADHD Foundation** – everything you could need regarding information on ADHD. From information for parents and children, for teachers and professionals, current research and findings, to information on the conferences that they run

<https://www.adhdfoundation.org.uk/>

**Ted talks** - these are videos/recording from professional speakers on all topics including mental hep and specifically ADHD.

[Jessica McCabe: This is what it's really like to live with ADHD | TED Talk](#)

**ADDitude** – this is an online magazine and information point aimed at people with ADHD and for those who work with individuals with ADHD . This is great as all articles are current and updated as research is being carried out.

[ADDitude - ADD & ADHD Symptom Tests, Signs, Treatment, Support \(additudemag.com\)](#)

Other useful sites include:

<https://www.mind.org.uk/information-support/tips-for-everyday-living/adhd-and-mental-health/>

<https://www.youngminds.org.uk/young-person/mental-health-conditions/adhd-and-mental-health>

## Courses

<https://www.england.nhs.uk/north-west/wp-content/uploads/sites/48/2019/03/Training-for-specialist-ADHD-teams.pdf>

Available online (and above) is an example of training ran by the NHS for information on ADHD to their professionals. This is a great resource to give a brief overview of the condition and help other to understand how it affects individuals with ADHD.

Open university – Understanding ADHD

This is a free online course. That requires no questions to be answered, is more of an informative course and looks into a neurodevelopmental and impact side of the condition.

[Understanding ADHD - OpenLearn - Open University](#)

Kings college London – Understanding ADHD course

This one comes higher recommended and I feel is the most up to date of the courses. It looks at both the children and adult sides of the condition, as well as covering both males and females. It looks at current research and how things are progressing when it comes to acknowledging the condition and how the ADHD brain functions.

The information is released on section each week and there is a 4 week deadline. After which the information is not accessible.

[Understand ADHD - Online Course | King's College London \(futurelearn.com\)](#)