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Healthy Coping Mechanisms For Patients with ADHD

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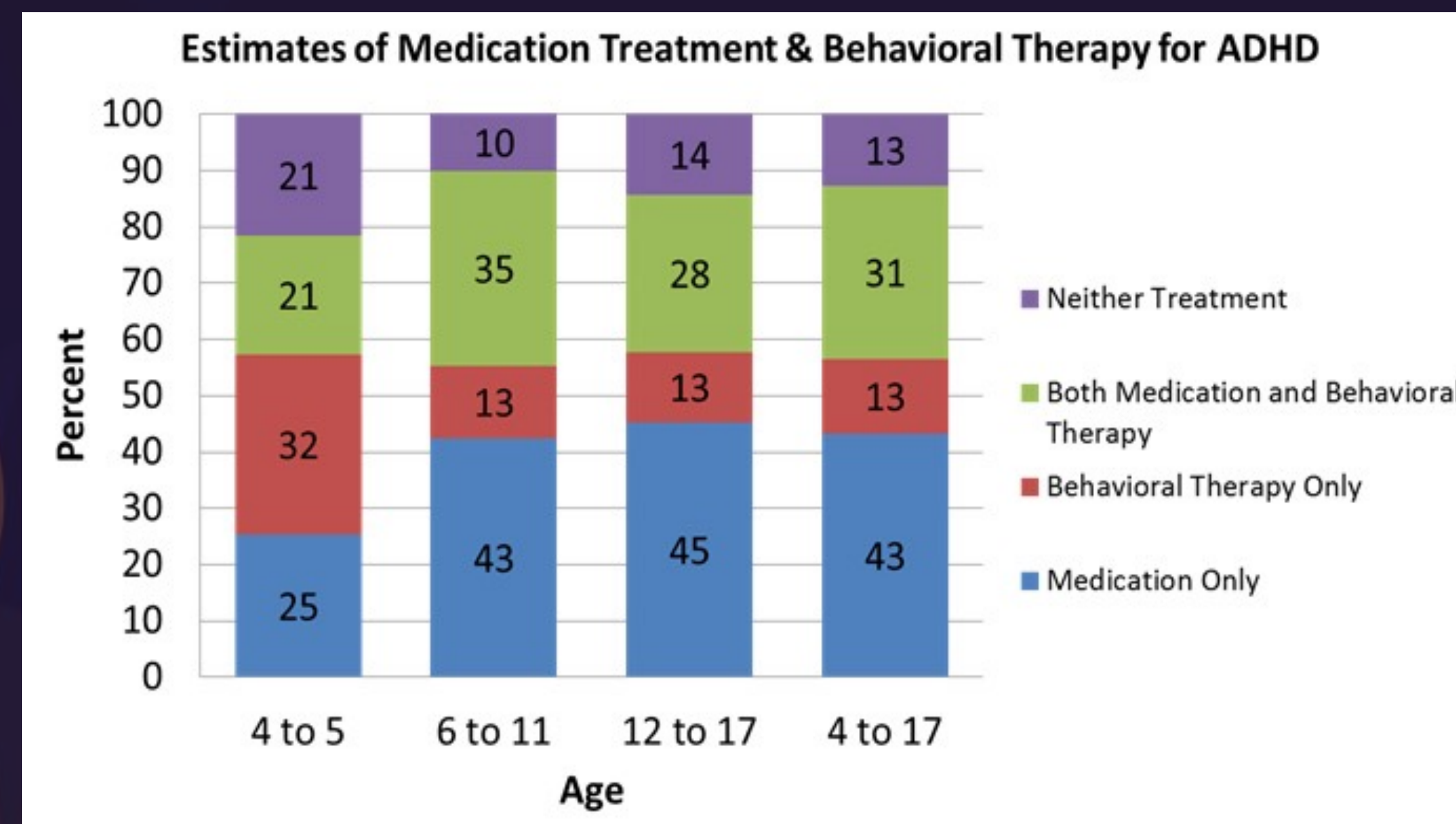
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ABSTRACT

ADHD doesn't just affect patients at work/school. Research shows that 5-9% of the population has been diagnosed with ADHD, and many more undiagnosed. Those who have been diagnosed can be treated and find healthy coping mechanisms to live with ADHD. Some symptoms that patients struggle with are: impulsiveness, problems focusing on tasks and excessive activity/restlessness. Most people just find ways to cope with this disability that helps them. Different things work for different people.

KEY POINTS

- Sometimes patients need is structure. People who have ADHD will struggle because of that lack of structure. This is when they begin to procrastinate, arrive late to events, etc.
- Prioritizing your sleep is an important coping mechanism (Michele Novotni, 2020) Patients with ADHD struggle to fall asleep and wake up, having structure and a sleep schedule can really help with this. Getting the amount of sleep your body needs.
- Another tool that is helpful for many is using the resources you have around you as tools to help you. E.g. setting alarms or reminders, along with creating a list with tasks and checking off as you get each one done. This could help with patients and prevent them from getting overstimulated with their tasks.



Centers for Disease Control and Prevention. (2021, September 23). *Treatment of ADHD among children with Special Health Care Needs*. Centers for Disease Control and Prevention. Retrieved April 17, 2022, from <https://www.cdc.gov/ncbddd/adhd/features/adhd-keyfindings-treatment-special-needs-children.html>

CONCLUSIONS & DISCUSSIONS

Patients struggling with ADHD 24/7 and 365 days a year. Although they can be treated it doesn't mean it helps entirely. Some patients prefer not to take medications. In this situation, patients now work to find healthy coping mechanisms to learn to live with their disability and how to ease its symptoms. Again, different things work for different people. Finding what might or might not work for a patient is all trial and error. Regardless, there is always something that someone can find that works specifically for them.

WORKS CITED

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- Novotni, M., Novotni, M., & Verified. (2020, January 27). *13 coping skills you haven't mastered*. ADDitude. Retrieved April 11, 2022, from <https://www.additudemag.com/slideshows/13-adhd-coping-skills-for-organization-time-management/>

