



MANAGING ADULT ADHD

HACKS TO IMPROVE FOCUS & FLOW

SO, YOU MIGHT BE THINKING, "ISN'T ADHD SOMETHING KIDS DEAL WITH?"
TURNS OUT, NOT ALWAYS.

ADHD can stick around into adulthood, and sometimes it's not until you're juggling work, relationships, and life that you start realizing something's up. If you're finding yourself constantly distracted, forgetting things, or struggling with tasks, ADHD could be a factor.



DO I HAVE ADHD EVEN IF I'M AN ADULT?

ADHD: WHAT DOES IT MEAN?

ADHD stands for **Attention-Deficit/Hyperactivity Disorder**. It's a brain-based condition that affects how you focus, control impulses, and manage energy levels.

Basically, it makes it hard to stay on task, get organized, or chill out when needed. It's not just about being "distracted" or "fidgety".

If you don't have ways to manage it, ADHD can impact your everyday life, work, and relationships.

Three Main Types of ADHD



INATTENTIVE TYPE

This is where things like zoning out, losing track of details, and struggling to finish tasks are the main problems.



HYPERACTIVE-IMPULSIVE TYPE

Here, it's more about being super restless, fidgety, or doing things without thinking them through.



COMBINED TYPE

This is a mix of both, where you have trouble focusing and staying still.



Underreporting, misdiagnosis, and limited diagnostic infrastructure make it difficult to pin down a definitive number. Many Filipinos with ADHD simply don't know they have it. Symptoms are often mistaken for laziness, personality traits, or other conditions, making it easy to miss. Prevalence also varies by age, gender, and socioeconomic background, and it tends to be diagnosed more in men, while women are more frequently overlooked





Adult ADHD: What to Watch Out For

DIFFICULTY STAYING FOCUSED

Ever sit down to do something important and then get completely sidetracked? Whether it's finishing a work assignment or just reading an email, distractions can pull you away. It's like trying to watch a movie while flipping through 10 different channels.

TIME MANAGEMENT STRUGGLES

You tell yourself you'll be quick, and then suddenly hours have passed. It's easy to get lost in something or forget what you were supposed to be doing. Time seems to slip away, which leads to missed deadlines or constant stress.

FORGETFULNESS

Where are those keys again? Or what was that meeting about? Even with the best intentions, things slip through the cracks. It can feel like your brain has too many tabs open.

IMPULSIVITY

Quick decisions, like buying something you don't need or blurting out a thought before thinking, can cause issues. Impulsivity doesn't just affect finances—it can impact relationships too.

DISORGANIZATION

If your physical space is messy, there's a good chance your mind feels the same. Clutter piles up, and keeping things in order (or even finding them) can be a daily struggle.

PROCRASTINATION

It's not that you don't want to do the task—you just can't seem to get started. The longer you wait, the more stressful it gets, but ADHD makes it hard to break that cycle.

EMOTIONAL SENSITIVITY

Feeling overwhelmed by criticism or stress? Emotional responses can be more intense with ADHD, leading to frustration, mood swings, or feeling out of control.

RELATIONSHIP CHALLENGES

Forgetting dates, being late, or impulsive behavior can put a strain on relationships. It's not that you don't care; it's just how ADHD plays out, but it can create tension if not addressed.

STRUGGLES WITH FOLLOW-THROUGH

Starting projects? No problem. Finishing them? Well, that's where things get tricky. ADHD makes it tough to see things through, leading to half-completed tasks and a lot of frustration.

LOW SELF-ESTEEM

All of these challenges can leave you feeling like you're falling short, even when you're trying your best. It's easy to be hard on yourself when it feels like your brain isn't cooperating.

Overlapping Symptoms

A lot of people struggle with focus, but that doesn't always mean it's ADHD.

Your provider is trained to figure out if it's ADHD by looking at your **family history, personal history, and symptoms.**

Bipolar disorder, anxiety, and depression can have similar signs, which sometimes leads to misdiagnosis. Anxiety, depression, and ADHD can also occur together, so a provider may need to assess the full picture and decide what to address first.

If you have a close relative with bipolar disorder, it's important to tell your provider so they can screen for mood episodes and consider family history when assessing your symptoms.





What Treatments Help ADHD?

THE GOOD NEWS: ADHD IS MANAGEABLE. YOU'VE GOT OPTIONS, AND IT'S ALL ABOUT FINDING WHAT WORKS FOR YOU. HERE'S A BREAKDOWN OF COMMON TREATMENTS:

MEDICATION

Medication options may include **stimulants**, such as **methylphenidate** where available, or **non-stimulants** such as **atomoxetine** or other options recommended by a licensed prescriber.

THERAPY

Finding a **neurodivergent affirming therapist** can be a game-changer. If you are diagnosed as an adult, you may have spent years feeling misunderstood, criticized, or like something was wrong with you. You may have a lot of internalized emotions that need to be processed.

COACHING

ADHD coaches help you create systems that work for you. Whether it's breaking down tasks, setting realistic goals, or learning time management tricks, having someone in your corner can make life a lot easier.

MINDFULNESS AND MEDITATION

Learning to be present and aware of your thoughts can help with impulsivity and emotional regulation. It's about training your brain to stay calm and focused—kinda like a mental workout.

EXERCISE

Physical activity boosts **dopamine**, which helps with focus and mood. Even just going for a walk or doing something active can give your brain a helpful boost, though it does not replace medication or professional treatment when those are needed.

DIETARY CHANGES

Eating a balanced diet with plenty of protein and healthy fats can help manage ADHD symptoms. Some people find that cutting back on sugar or additives makes a difference too. No need to overhaul your whole diet—small changes can help.

SLEEP MANAGEMENT

ADHD often messes with your sleep, and poor sleep makes symptoms worse. Working on sleep hygiene, like setting a regular bedtime or cutting screen time before bed, can help you feel more in control.

TIME MANAGEMENT TOOLS

Apps like **Google Calendar** or **Todoist** can be lifesavers. Set reminders, keep track of appointments, and stay on top of tasks. It's like having a digital assistant to keep you on track.

SUPPORT GROUPS

Connecting with others who understand what you're going through can be a game-changer. Whether online or in-person, support groups give you a space to share tips, vent frustrations, and feel less alone.

USE ONLINE TOOLS

Apps like **GoblinTools** can help break big tasks into bite-sized steps and organize your plan. For reminders, copy tasks into phone alarms, calendar alerts, or another reminder tool. **ChatGPT prompts** are also super handy for setting up schedules, making to-do lists, or brainstorming ideas when you feel stuck.

DOES ADHD GET BETTER OVER TIME?

It's different for everyone. Some adults find that their symptoms improve as they get older, especially as the brain continues developing into the late 20s. You might also get better at coping over time, as you learn more about how ADHD affects you and how to manage it. But it doesn't mean ADHD just goes away—ongoing support, strategies, and sometimes treatment are needed to keep things in check.

For more information on ADHD, visit our website to learn more.

