



Stress Management Techniques for ADHD

Introduction: Managing stress is vital for individuals with ADHD, as they often experience heightened stress levels. This handout, drawing from Dr. Stephanie Moulton Sarkis's webinar "Changing the ADHD Brain: Moving Beyond Medication" and other ADHD resources, outlines effective stress management techniques.

Techniques:

- **Mindfulness and Meditation:** Practice daily mindfulness exercises or guided meditation to enhance focus and calm the mind.
- **Regular Exercise:** Engage in physical activities like walking or yoga to reduce stress hormones.
- **Stimulate the Brain:** Engage in activities that stimulate the cerebellum and other parts of the brain. Ex. <https://www.youtube.com/@elignedmovement> or <https://www.zingperformance.com/>
- **Structured Routines:** Establish consistent daily schedules to reduce anxiety and unpredictability.
- **Time Management:** Use planners and alarms to manage time effectively and reduce stress from last-minute rushes.
- **Healthy Diet:** Opt for a balanced diet, rich in nutrients, to improve mood and energy levels. Diet doesn't improve ADHD, but an improved mood and energy level for both parents and children help with coping with the stresses associated with ADHD.
- **Adequate Sleep:** Ensure sufficient and quality sleep to reduce stress and improve cognitive functions.
- **Relaxation Techniques:** Practice deep breathing, progressive muscle relaxation, or biofeedback.
- **Positive Social Interactions:** Engage in supportive social activities that encourage positive interactions and reduce feelings of isolation. Look into Parental Friendship Coaching (PFC), an intervention that parents can use to support peer relationships in their elementary school-aged children with ADHD.
- **Cognitive-Behavioural Strategies:** Utilize CBT techniques to challenge negative thought patterns and develop coping strategies.

Conclusion: Incorporating these stress management techniques can significantly improve daily functioning and overall well-being for individuals with ADHD. Consistent practice and adaptation to individual preferences are key to their effectiveness.

Note: Consult with healthcare professionals to tailor these techniques to individual needs and conditions.

Source of Information: This handout on "Stress Management Techniques for ADHD" synthesizes insights from Dr. Stephanie Moulton Sarkis's webinar "Changing the ADHD Brain: Moving Beyond Medication" along with other well-regarded ADHD resources. It integrates expert knowledge and evidence-based practices to offer practical, everyday strategies for managing stress in individuals with ADHD. This compilation aims to provide a comprehensive and accessible guide for those seeking effective ways to cope with stress, specifically tailored to the unique challenges faced by those with ADHD.