

Self-care Makes a Difference

If you live with attention deficit hyperactivity disorder, or ADHD, there are simple things you can do every day to help reduce and control symptoms that can make life challenging. Start with these tips.

Eat to feel good. Enjoy three small meals during the day with lean protein and fiber-rich whole grains. Avoid sugar and fast foods.

Move your body. Fend off stress and symptoms. Daily physical activity can help you relax. Walk with friends, take yoga or play a team sport.

Quiet your mind. Practice mindfulness to control impulses and emotions. Shut out distractions and meditate daily. Focus on your breathing.

Stick to a sleep schedule. Prioritize sleep to help control symptoms. Turn in and wake-up at the same time every day. Create a “wind down” routine to relax before bed.



**Take care of your body and mind
to reduce ADHD symptoms.**

Source: *Tips for Managing Adult ADHD*. HelpGuide. 2022.

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