



How to inspire the *joy of completion* when ADHD is completely exasperating.

Generally, people with ADHD face greater challenges with procrastination, sticking with projects, planning and preparing for homework, time management and completing projects.¹

There are many effective strategies and supports that can help you know “the joy of completion.”

“Getting Started” Realities:

- Having ADHD makes it harder to finish projects.²
- It’s more challenging for a person with ADHD to stop unrelated activities or behaviors, which makes it all the more difficult to get to the priority project.³
- If an activity isn’t interesting, it is harder for the person with ADHD to stick with the work long enough to get it done.⁴
- If the instructions or directions are complicated, you may be more likely to start a task without reading the instructions or listening to the directions, which sets up failure.⁵

Good News:

- The more you practice delaying gratification, the easier it will become to stick with a project and delay gratification.⁶
- Setting a timer – so you can say, “I’ll keep at this 30 more minutes” can be a big help.⁷
- You’ll manage your ADHD better when you live and work in environments that support you and your success.⁸ For example: Choose to work with people who recognize and encourage you in your strengths and help you in compensating for your challenges.
- Learning to “buy some time”⁹ by under promising, checking in with a therapist or coach before committing to projects, chunking projects into smaller pieces, rewarding yourself for completing tasks and building in break times does help people with ADHD enjoy greater success in completing tasks.¹⁰
- If you can imagine how good it will feel to have a project completed, this may help you push through to the finish line.¹¹

Health Challenge Realities:

- People with ADHD have issues with self-control and are more likely to make impulsive comments or decisions, which can be set-ups for overpromising and the stress that comes with it.¹²
- If you are an adult with ADHD, you are three times more likely to be challenged by stress, depression or other emotional problems, all of which may contribute to problems with health and brain function.¹³
- Adults with ADHD may experience physical and emotional difficulties that may cause them to “lose” days of their lives, as a day absent from work or as a day where they accomplish little or nothing several times a month.¹⁴

Good News:

- If a qualified medical professional helps you find the appropriate medication for your ADHD, it is very likely your ADHD symptoms will improve, as ADHD medications are effective in improving symptoms in 90% of adults.¹⁵
- Learning as much as you can about your particular type of ADHD will help you find the medication, support, strategies, coping skills and tools that will work best for you.¹⁶
- Some careers are more suited to people with ADHD than other careers; knowing as much as you can about yourself so you choose a career that is a good fit for you will help reduce stress over time.¹⁷

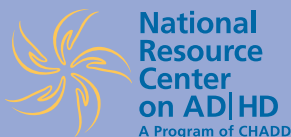
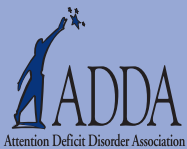
Footnotes:

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The Many faces of ADHD

Understanding Attention Deficit Hyperactivity Disorder



ADDITUDE LIVING WELL WITH ATTENTION DEFICIT

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