

What are some ways to reduce stress with ADHD?



ADHD is a risk factor for chronic stress, and chronic stress often makes having ADHD more challenging.

ADHD management can include medication and psychotherapy or coaching to identify and tackle main triggers for stress.



A healthy lifestyle which includes a work and break schedule, adequate sleep, exercise, and a diet rich in fruits, vegetables, and healthy proteins/fats can help reduce stress.

Mindful training can be helpful for the core symptoms of ADHD as well as associated difficulties of anxiety, depression, or stress.



Identify sources of stress and prioritize one to tackle first.

Learn more at ADHDAwarenessMonth.org