



LINDNER
CENTER OF HOPE

Attention Deficit Hyperactivity Disorder (ADHD)

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What is ADHD?

- A neurodevelopmental condition affecting attention, impulse control, and activity level
- Begins in childhood and often continues into adulthood
- Inattentive type
- Hyperactive-impulsive type
- Combined type



Strengths

- Creativity
- Intuitiveness
- Sensitive
- Some people have high energy
- Vision
- Drive
- Entrepreneurialism
- Sense of humor, irony
- Extra attention



Affirming View

ADHD reflects brain diversity,
not laziness or lack of effort

It is not a moral failure

Support allows ADHD brains
to thrive



Brain Differences

Differences in frontal and fronto-striatal networks

Dopamine and norepinephrine regulation differs

- Neurotransmitter
- Pleasure, cravings, reinforcing behaviors that give us pleasure

Cerebellum

- Balance



Cognitive Factors: Executive Functioning



SUSTAINED
ATTENTION



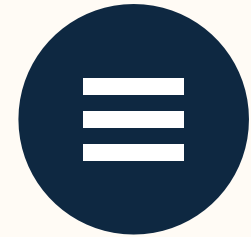
WORKING
MEMORY
DIFFERENCES



PLANNING



ORGANIZATION



BOREDOM

TIME

Difficulty sensing the passage of time

Can lead to underestimating how long tasks take

Strategies include visual timers, alarms, and time-blocking

Staying Organized

Use one
consistent
system for
tasks and
schedules

Externalize
information
(lists,
calendars,
visual cues)

Keep
frequently
used items
visible and
accessible

Principle of
Doubles and
Halves

Relationship Factors

ADHD can affect communication and emotional regulation

Clear expectations and reminders can reduce conflict

Open, nonjudgmental communication supports relationships

“Never worry alone”

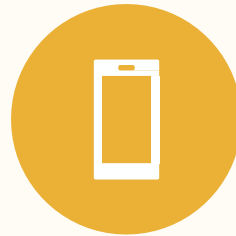
Avoiding Distractions



SINGLE
TASKING



SILENCE OR
LIMIT PHONE
NOTIFICATIONS



USE APP
BLOCKERS
OR FOCUS
MODES



CREATE A
DISTRACTION
- REDUCED
WORKSPACE



IDENTIFY
THREE
GOALS EACH
DAY

Emotions

Emotional regulation is the ability to manage the intensity, duration, and expression of emotions.

Common Emotional Experiences

- Strong emotional reactions that escalate quickly
- Difficulty calming down once upset or frustrated
- Heightened sensitivity to rejection, criticism, or failure
- Emotional responses that feel “bigger” than the situation

Neurodivergent Burnout

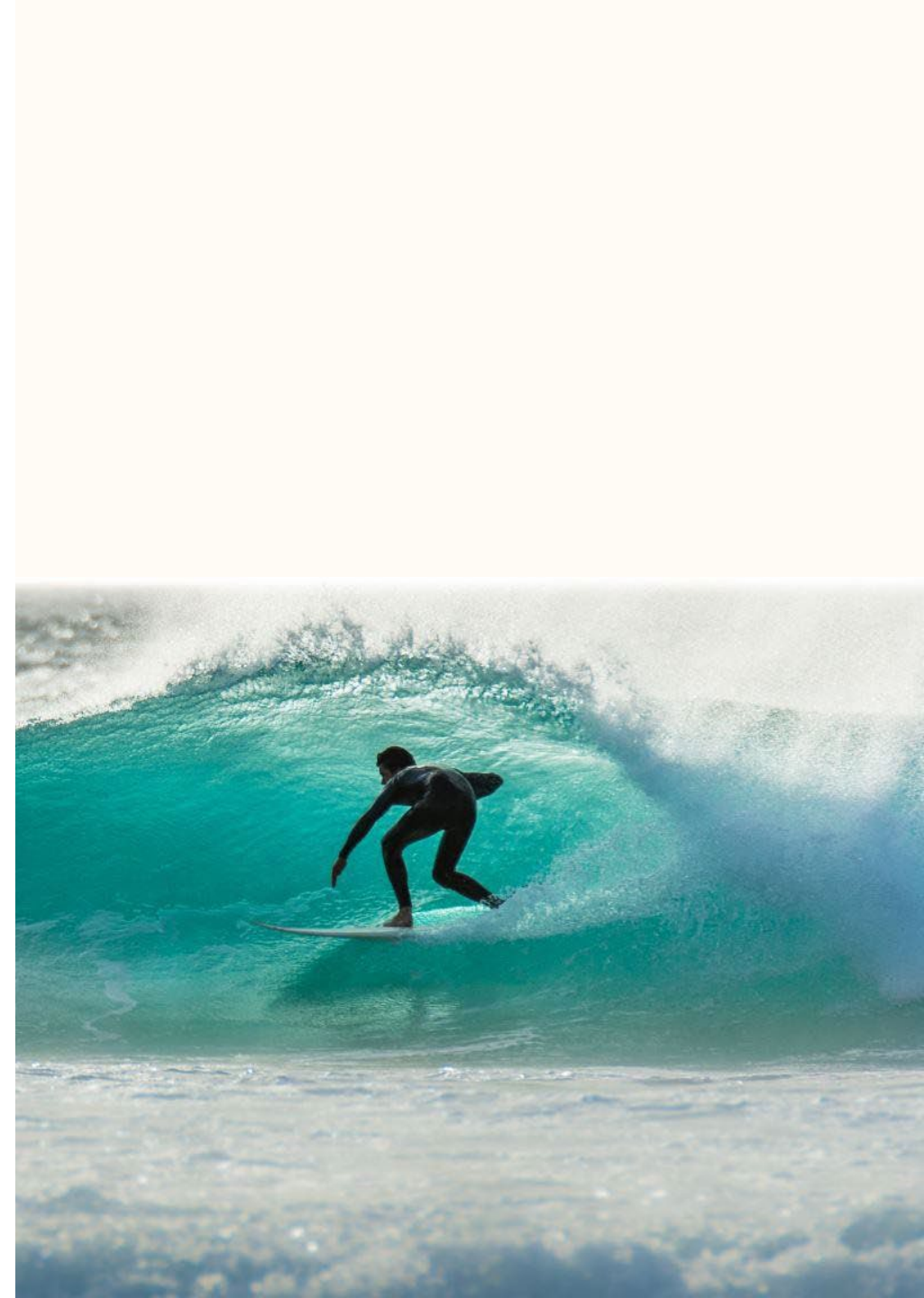
- A state of mental, physical and emotional exhaustion resulting from long-term involvement in demanding situations
- Signs include:
 - Feeling irritable or on edge
 - Feeling everyday things are unmanageable
 - Trouble feeling connected to others
 - Sadness
 - Brain fog
 - Chronic fatigue
 - Headaches
 - Stomachaches
 - Muscle tension
 - Sleep changes

Mindfulness

- Urge Surfing
- An urge is like a wave: it rises, peaks and falls

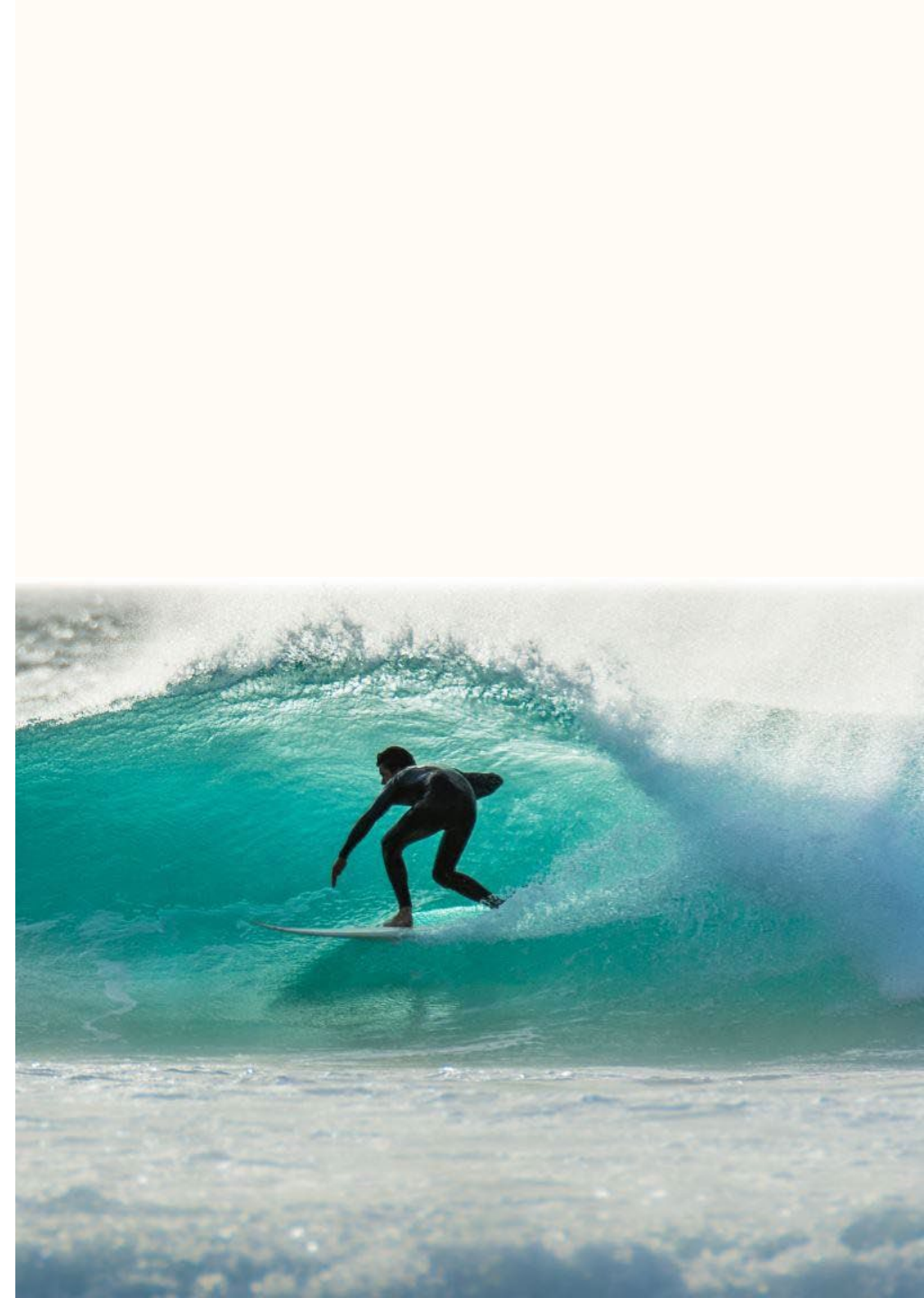
Instead of acting on or fighting the urge,

- Notice the urge
- Name it
- Observe physical sensations
- Let it pass without judgment



How to Practice Urge Surfing

- Pause: Stop and take one slow breath
- Notice: "I'm having an urge to _____"
- Observe: Where do I feel this in my body?
- Ride the wave: Stay with the sensation for 30-90 seconds
- Choose: Make a deliberate next step



Body Doubling

- Working alongside another person to support focus
- The other person does **not** need to help or interact
- Works by:
 - Increasing accountability
 - Reducing isolation
 - Anchoring attention in the present moment
- Can be:
 - In-person
 - Virtual (video call, coworking sessions)
 - Silent or minimally interactive



Managing School Demands

- Break assignments into steps with mini-deadlines
- Ask for notes or guided notes
- Use planners or digital tools with reminders
- Take tests in a quiet space with extra time
- Ask for written instructions and clarification when needed
- Fewer homework items if possible
- Self-advocate

Managing Work Demands

Prioritize Prioritize tasks daily using short to-do lists

Schedule Schedule focused work blocks

Advocate Advocate for accommodations or flexible supports when appropriate

Key Takeaways

- ADHD involves cognitive and neurological differences
- Practical strategies improve daily functioning
- Affirmation and understanding are essential



Thank you for
coming!

We'd appreciate
your feedback.



Feedback Survey

