

ADHD Makes ME



ENERGETIC



ADVENTUROUS



HYPERFOCUSED



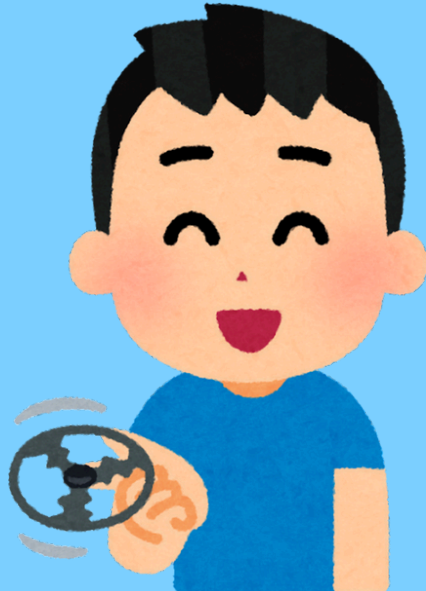
HELPFUL



CURIOUS

HOW TO RECOGNIZE ADHD

**FIDGETING
HANDS & FEET**



**TALKING OUT
OF TURN**



FORGETFULNESS



**TROUBLE
WAITING**



**ACTING
WITHOUT
THINKING**



LOSING THINGS



DAYDREAMING



**EXCESSIVE
TALKING**



**AVOIDING
CHALLENGING
TASKS**



**EASILY
DISTRACTED**



**MORE
EMOTIONAL
THAN OTHERS**



**PROBLEMS
PLAYING
QUIETLY**

ADHD AWARENESS MONTH

EMBRACE ADHD

**BOYS ARE MORE THAN TWICE
AS LIKELY AS GIRLS TO BE
DIAGNOSED WITH ADHD.**

**ADHD LOOKS DIFFERENT IN
EVERYONE**

**SELF-CARE PRACTICES CAN
HELP MANAGE ADHD
SYMPTOMS, SUCH AS TAKING
BREAKS, EXERCISING, AND
EATING HEALTHY**

**SYMPTOMS INCLUDE LIMITED
ATTENTION, HYPERACTIVITY,
IMPULSIVITY, AND
RESTLESSNESS.**

**TREATMENTS INCLUDE
MEDICATION AND TALK
THERAPY.**

**ADHD IS THE MOST COMMON
MENTAL OR DEVELOPMENTAL
CONDITION IN CHILDREN IN
THE UNITED STATES.**

