

Managing ADHD as an Adult

Attention deficit hyperactivity disorder (ADHD) is often associated with children but frequently follows into adulthood. It can look different in adults than it does in children, making it harder to spot. Research estimates more than 360 million adults worldwide experience ADHD.

Adults living with ADHD experience a range of symptoms including:

- Difficulty focusing.
- Inability to prioritize.
- Often misplacing items.
- Memory issues, like missing meetings.
- Nervous energy or restlessness.

They may experience challenges with navigating social and romantic relationships. There are tools to use and skills that can be learned to help manage ADHD symptoms. Some options include medication, exercise and dietary changes, and behavioral health therapy to build interpersonal and life skills.

Cognitive Behavioral Therapy (CBT) is often used to develop organizational skills and reframe patterns of thinking. Other forms of behavioral health therapy can address self-image and provide tools for rebuilding damaged relationships.

CBT therapists guide clients to adjust thought patterns that influence emotions and the resulting behavior. CBT therapists use a variety of tools which may include:

- Challenging thoughts/beliefs.
- Journaling.
- Mindfulness.
- Relaxation.
- Practical Exercises.

For more information on ADHD in adults and children, search "ADHD" on the NuVantage Wellness Portal. To schedule support from a behavioral health therapist, contact NuVantage.



**When you are struggling with a situation in your life,
you need the right help at the right time. NuVantage is here for you.**

Free and confidential.
24 hours a day, 7 days a week.

800.577.4727

NuVantage.org | NuVantage@lssmn.org



**Lutheran
Social Service**
of Minnesota

Provides NuVantage
Resource as a service

Mindful Meals

Showing gratitude for food is as old as time. Mindful eating is an antidote to mindless or distracted eating — such as eating while driving, working or while in front of a screen. Expressing gratitude and engaging in mindful practices may lead to a healthier weight and a happier life.

The Seven Practices of Mindful Eating from *SAVOR: Mindful Eating, Mindful Life* by Thich Nhat Hanh and Dr. Lilian Cheung:

1. Honor the food — acknowledge the life cycle.
2. Engage the senses — what do you taste, smell, feel, see, hear?
3. Serve modest portions — use a smaller plate.
4. Savor small bites — experience each bite to “savor the flavor.”
5. Eat slowly — allow your body time enough to feel satisfied.
6. Eat all meals — skipping meals can set you up for overeating or unhealthy choices.
7. Eat for the planet — focusing on plant-based eating is good for your body and good for the planet. Limiting meat and dairy lowers risk for heart disease and some cancers.

Listen to Dr. Cheung on YouTube through Harvard T.H. Chan School of Public Health’s channel.

Check these books for more information:

Savor Every Bite, Mindful Ways to Eat, Love Your Body and Live with Joy by Lynn Rossy

SAVOR: Mindful Eating, Mindful Life by Thich Nhat Hanh and Dr. Lilian Cheung

“Every moment nature is serving fresh dishes with the items of happiness. It is our choice to recognize and taste it.”

— Amit Ray, Indian author and spiritual teacher

Upcoming Wellness Portal Webinars

12:30–1:30 p.m. CST on the second Wednesday of each month.

Registration access is located on the right side of the Wellness Portal main webpage. Archived webinar recordings are available at the bottom of the home page.

June 14 — Healthy Living: Navigate Life Transitions

July 12 — Identifying and Addressing Employee Turnover

August 9 — Boosting Your Brain Power

September 13 — Cultural Myths in Media: Fact or Fiction

NuVantage can help.

800.577.4727

NuVantage.org | nuvantage@lssmn.org



Contact Us Today!