

LEARN TO LIVE BULLETIN

Your guide in wellness and mental health

CBT Tips for ADHD

Do you ever walk into a room and then completely forget why you went in there to begin with? Or find yourself struggling to hold your attention when someone is talking to you, struggle to start or finish simple tasks, constantly feel disorganized, or are easily distracted? These are just a few of the indicators that someone might be struggling with ADHD. Currently, there are around 140 million adults worldwide that have Attention-deficit/hyperactivity disorder. ADHD diagnoses are also on the rise. In the last 8 years there has been a 42% increase in people diagnosed with ADHD.



Struggling with ADHD can bring up a lot of difficult thoughts and emotions. One is anxiety. Often, those of us with ADHD wish for abilities that others can take for granted: to be able to complete tasks on time, stay organized, or be able to hold our focus. We can find ourselves constantly behind and facing looming deadlines with very little time left, so we start to feel anxious. Then, these struggles can lead us to believe that we can never do anything right. Feeling less confident, our anxiety climbs further.

How CBT Can Help Address the Challenges of ADHD

Research shows that Cognitive Behavioral Therapy (CBT) can be one of the most effective ways to address the challenges of ADHD. With CBT, we can change our thoughts, attitudes, and behaviors so we can more effectively address difficult situations and feelings that can come with ADHD. Using CBT, those of us struggling with ADHD can learn how to relax our bodies, use powerful problem-solving and time management strategies, reframe or accept our thoughts, and calm our anxiety.

Let's explore a few of the strategies:

- **Progressive Muscle Relaxation (PMR)** – An exercise in which we systematically tense and then relax muscle groups to relax our body and mind.
- **Thought Inspection** - A strategy whereby we identify and challenge the unhelpful thoughts causing us stress, shame, anxiety, etc.
- **Active Problem Solving** - An effective way to achieve concrete objectives that help us stay focused on the goals that are most important to us.
- **Present Awareness** – A practice to accept noisy thoughts and emotions, bring us back to the present, and allow more agency in how we respond to our thoughts and emotions.
- **Time Management** – An approach where we generate a daily to-do list and place the most important tasks into specific time slots in your schedule.

Get Started Today

If you are wanting to explore how Learn to Live could help with ADHD, you can dive deeper into the tools and strategies discussed above in the Stress, Anxiety, & Worry program. Or consider taking a quick mental health assessment by scanning or visiting learntolive.com/partners and enter access code **MMHG** to take a mental health assessment or start a Learn to Live program today. Learn to Live is available to you and your family members, ages 13 and older at no cost.

