

# 17 TIPS TO HANDLE A

## NEW ADULT ADHD DIAGNOSIS

LET THE DUST SETTLE



SEEK PROFESSIONAL SUPPORT



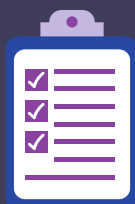
GATHER DATA



NOTICE WHAT YOU DO, RESIST OR AVOID



LEARN ABOUT ADHD



TRACK YOUR SYMPTOMS



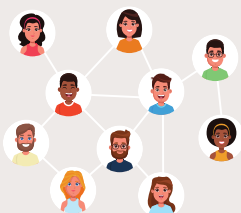
REVIEW YOUR LIFE TIMELINE



DEVELOP YOUR STRENGTHS



REFRAME YOUR THOUGHTS



ENLIST FRIENDS & FAMILY



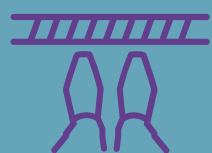
JOURNAL



PRACTICE MINDFULNESS



EMBRACE LIMITATIONS



EXPERIMENT WITH HABITS



FOCUS ON WHAT YOU CAN DO



EXPLORE TREATMENT OPTIONS



CONSIDER ADHD COACHING

YOU CAN MAKE PEACE WITH YOUR UNIQUE SENSE OF SELF.