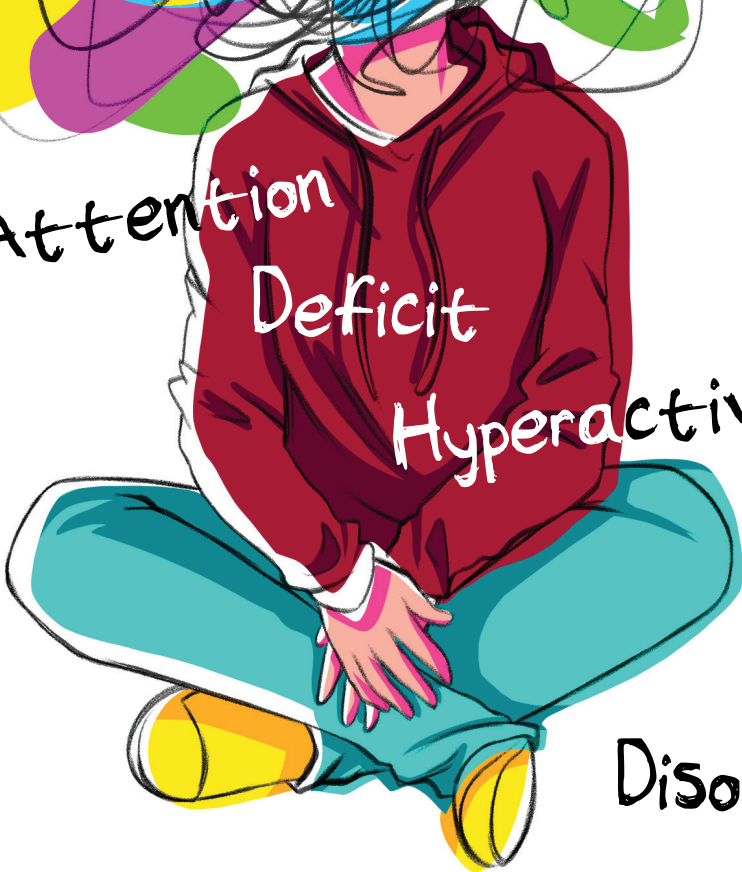




Attention
Deficit
Hyperactivity



Disorder

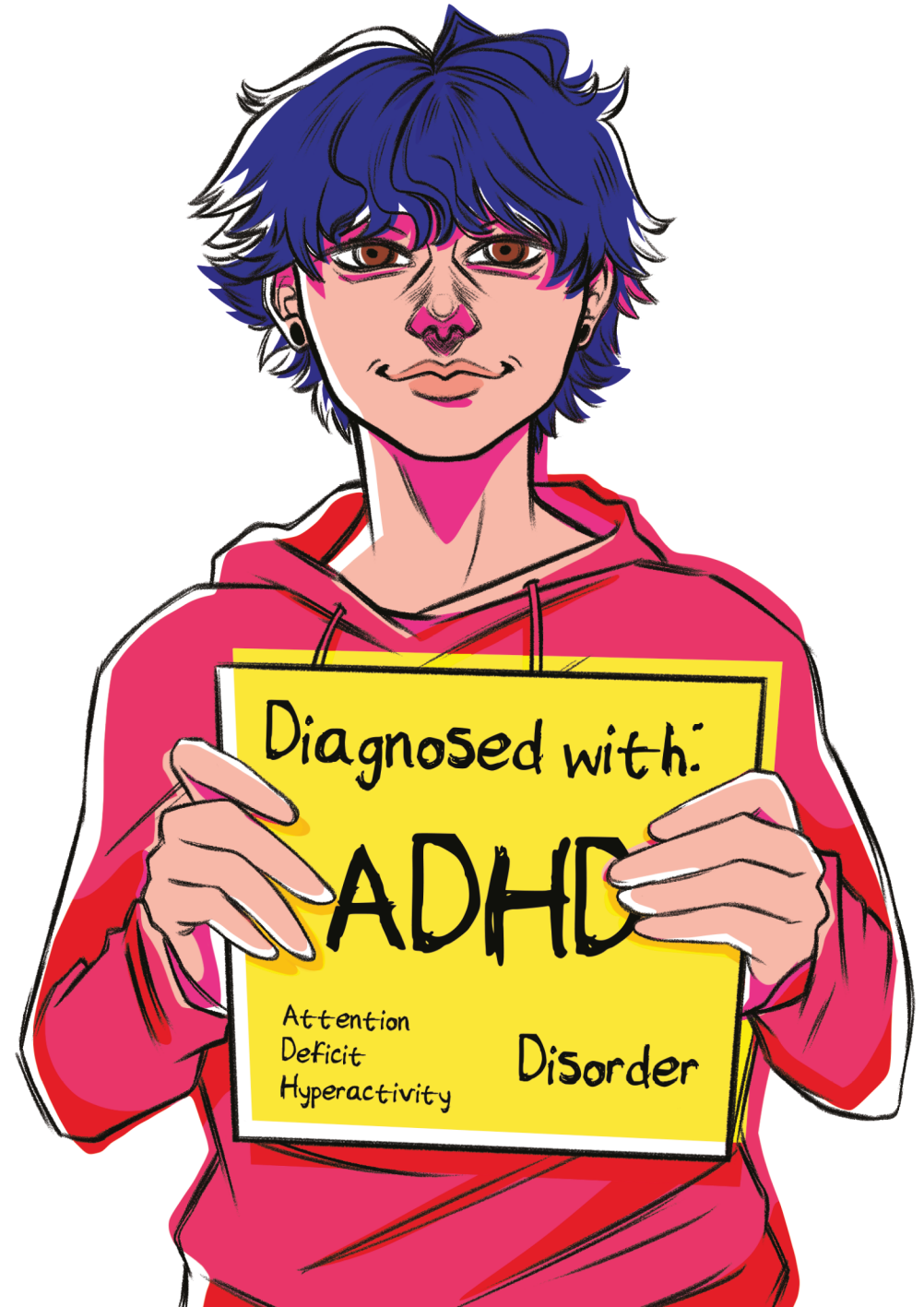
"What I need is a task. Something to concentrate on, something that will distract me from all the whirling thoughts crowding my head."

- Sylvia Mercedes

As someone diagnosed with Attention-Deficit / Hyperactivity Disorder (ADHD), life isn't always kind to me. I struggle on a daily life basis, even with the most mundane tasks, and I'm often looked down on and made fun of.

When people think of ADHD, they think of stereotypes which don't always represent the truth. People think I'm dumb, I'm lazy, that I don't care and I'm not trying enough. This is very harmful for people struggling with this condition.

ADHD is a neurological disorder you're born with. It is deeper than people make it to be.



One of the things that everybody notices, is my lack of attention. I get easily distracted with both external and internal stimuli. It's extremely challenging for me to focus on tasks and even starting or finishing them. I have lack of dopamine, which can make me suffer from executive dysfunction. Even during conversations, my mind tends to wander. It doesn't matter how hard I try; I usually end up thinking or doing something else.



It is hard for me to keep everything tidy. I feel often overwhelmed and structuring a routine can be a major struggle. This reflects how my mind works: my thoughts and ideas are often chaotic.





Hyperactivity is another symptom people often notice quite fast. In many cases, it doesn't necessarily mean physical restlessness. This means I need constant stimuli and feel like I'm always doing something.

I don't do well with boredom, and I usually reflects itself through stimming, which is self-stimulation. It can be manifested by repetitive movements and noises. It usually helps regulate my sensory needs.

Regulating emotions is a difficult task. I succumb to stress quite easily and I can be more sensitive to negative emotions, such as criticism and rejection.

It is very common to feel overwhelmed, which makes it even harder to keep focus. I often display intense emotions and change them faster than a neurotypical person.





Memory issues make my life harder than it should be. I keep forgetting tasks, appointments, responsibilities, when I put things down, and many others.

I also suffer from time blindness, which means I have no perception of the time passing. It also causes me to fail to estimate the time needed to complete tasks, leading to frequent procrastination.

As hard as it can be, I feel like ADHD, sometimes, can be a superpower. Even if I struggle constantly with attention, sometimes I develop hyperfocus, usually with things I love, and I'm obsessed with. I'm very resilient, for I need to live with a disability and make it every day of my life in a neurotypical built society.

Even though it can feel isolating, I feel extremely close and understood by people who understand the condition or even live it with too.



ATTENTION-DEFICIT / HYPERACTIVITY DISORDER (ADHD)

If you think you or someone close to you might have ADHD,
you can check these contacts to get more information:

APDCH (ASSOCIAÇÃO PORTUGUESA DA CRIANÇA HIPERATIVA):

Email: geral.apch@gmail.com

Contacto: +351 968 137 020

CLÍNICA DE SAÚDE MENTAL DO PORTO:

Contacto: +351 22 832 3333

+351 912 002 332

ZERO – 17 CENTRO PEDIÁTRICO, GUIMARÃES:

Contacto: +351 253 515 794

+351 939 798 354

SPDA (SOCIEDADE PORTUGUESA DE DÉFICE DE ATENÇÃO):

Email: geral@spda.pt

Contacto: +351 963 010 262

ASSOCIAÇÃO CLUBE PHDA:

Email: clubephda@gmail.com

It's important to make it clear that ADHD can be manifested in very different ways, depending on the individual. The examples shown inside this book are based on common behaviors from people who live with ADHD.

You don't have to manifest all these symptoms to be diagnosed with ADHD. You can also have different experiences with different symptoms and still have a professional diagnosis.

This book is only meant to be an helpful and easy way to inform people about the condition and demystify this very stereotyped type of neurodivergence.

You can only be diagnosed by a qualified professional.