



Are you an adult with ADHD?

Learn how to help yourself manage thoughts, emotions and symptoms

ADHD symptoms

ADHD can bring unique challenges to daily life, affecting communication, emotional regulation, and time management.

Adults with ADHD often face struggles with organization, forgetfulness, impulsivity, and managing routines, which can lead to misunderstandings, frustration, and feelings of guilt or shame over unmet expectations.

These challenges may impact self-esteem, relationships, and work-life balance, contributing to a sense of overwhelm.

Adopting a holistic approach can make a significant difference. By addressing physical, emotional, and environmental factors, individuals can develop strategies to improve focus, build routines, and manage emotions.

With understanding, patience, and professional support, adults with ADHD can thrive and feel more in control of their lives.

My 3 top tips for Adults



1

EMPOWER YOURSELF - Read /Listen watch all you can around ADHD and how neurodiverse people think, feel and respond in situations. There is much more to learn after a diagnosis about your unique experience of living with ADHD and how it has affected your life ! See over for where to start with this.

2

OFFLOAD - Adults with ADHD will often be experiencing or managing high levels of anxiety, self doubt, shame, confusion and criticism. Support from a professional therapist to untangle thoughts, feelings and behaviours to reshape a new psychological path forward can be life changing.

3

BE PATIENT - You likely have been unknowingly living with ADHD for many years before your diagnosis. It will take time to adjust to this and find which type of support works for you - there are many professionals working with ADHD in Singapore - meaning that you have more than just medication as an option!

I welcome all of your ADHD concerns and questions

Read or listen to these useful books..

All recommended by adults with ADHD

1

Taking Charge of ADHD by Russell Barkley

An easy to follow guide offering evidence- based strategies for managing symptoms and improving quality of life.

2

The ADHD Effect on Marriage by Melissa Orlov

A deep dive into how ADHD impacts relationships and how partners can thrive together

3

"You Mean I'm Not Lazy, Stupid, or Crazy?!" by Kate Kelly and Peggy Ramundo

A practical guide filled with empathy and tools for managing ADHD effectively

4

"How to Be You" by Ellie Middleton A relatable and empowering book on embracing neurodivergence and personal growth

"ADHD A to Z" by Leanne Maskell A practical guide covering everything from diagnosis to daily management, written by an ADHD coach

5

6

Driven to Distraction by Edward Hallowell and John Ratey

A foundational book on understanding ADHD, blending personal stories with science to help adults navigate challenges and embrace strengths . Great to listen too!

7

Finally Focused by Dr. James Greenblatt

Focused on a holistic approach to ADHD, blending medication with lifestyle changes and nutritional strategies.

8

Dirty Laundry: Why Adults with ADHD Are So Ashamed by Richard Pink and Roxanne Emery

Honest and raw account of two peoples experiences struggling with ADHD – stories and tips how to manage.

9

The Drummer and the Great Mountain – A Guidebook to Transforming Adult ADD/ADHD

A soulful, comprehensive, and holistic support system for creative individuals looking to maximise their potential and minimise their challenges with focus and consistency.

Want more free resources or talk about one to one support?
Please visit my website or get in touch.