



Are you an adult with an ADHD diagnosis ?

Learn how to help yourself manage thoughts, emotions and symptoms

ADHD in adults

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!

www.rebeccaloancounselling.com

I welcome all of your ADHD concerns and questions

(and if I can't help I will be sure to put you in touch with another ADHD professional that can)



Read or listen to these useful books..

All recommended by adults with ADHD

1

Taking Charge of ADHD by Russell Barkley

A practical 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

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.

"ADHD A to Z" by Leanne Maskell

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

5

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.

8

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.

If you would like to know more about my other free resources or talk about one to one support please get in touch.

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Read or listen to these useful books..

1

Taking Charge of ADHD by Russell Barkley

This straightforward book offers an 8-step parenting plan — based on positive attention and calm consistency — to manage ADHD symptoms and reconnect with your child.

3

Smart but Scattered Teens by Richard Guare and Peg Dawson

Here, find step-by-step strategies to promote your teen's independence — and confidence — by building the executive skills needed to get organized, stay focused, and control impulses.

6

Driven to Distraction by Edward Hallowell and John Ratey.

First published in 1994, this title has remained the definitive book on ADHD ever since. Says one reader, "After finishing it, I finally understood how my child's brain is wired — and how I can help him."

2

What Your ADHD Child Wishes You Knew by Sharon Saline

Provides insights into the emotional world of children with ADHD. It helps parents improve communication, address behavioral challenges, and foster connection by understanding their child's unique perspective and needs.

4

A New Understanding of ADHD in Children and Adults by Thomas Brown

This fascinating book presents a new definition of ADHD, which recognizes executive function impairments as its true underpinnings.

7

The Out-of-Sync Child. Recognizing and Coping with Sensory Processing Differences by Carol Kranowitz

This book offers unique perspectives on life with sensory processing disorder, and outlines concrete strategies to manage complex symptoms of SPD.

5

The Explosive Child by Ross Greene

Kids can misbehave when situations stress their coping mechanisms. This book outlines an easy-to-implement parenting method to help "inflexible" kids manage bad behavior.

8

The Frazzled parent by Elaine Hogan.

Know more about what your child goes through so you can offer them the right type of help plus 20+ self-care tips for you as a parent — help yourself so you can help your child, too