

ADHD From Me and My Friends to You and Yours Plain Text Resource and Image Descriptions

Each slide has a pale purple background. The LUNA logo is in the bottom right hand corner. The title for each slide is in a dark purple font and the rest of the content is written in black.

Slide 1

A resource by The LUNA Project

ADHD Attention Deficit Hyperactivity Disorder

uh·ten·shn deh·fuh·suht hai·puh·ak·ti·vuh·tee duh·saw·duh

Part of the 'From Me and My Friends to You and Yours' series

Image Description

All of the text is aligned centrally. There are 4 pieces of text going vertically down the page. The first and third are in dark purple font, the second and fourth are in black. The second piece of text is the main title “ADHD Attention Deficit Hyperactivity Disorder” this is in a larger font than the rest of the text.

Slide 2

What is ADHD?

ADHD (attention deficit hyperactivity disorder) is a neurodevelopmental disorder characterised primarily by symptoms of inattention and hyperactivity which can fall into one of the inattentive, hyperactive/impulsive or combined presentations.

Inattentive Type:

- Difficulty paying attention for long periods of time
- Seeming to not listen to conversations
- Often forgetful (for example, losing things or forgetting what has been said etc)
- Difficulty with organisation, time management and instructions

Hyperactive/Impulsive Type:

- Often fidgeting/moving frequently
- Acting impulsively (for example, interrupts others, blurting out answers in class, difficulty waiting in line)
- Talking excessively and struggling to stay quiet when expected to do so

Combined Type:

- A combination of both presentations' symptoms

Image Description

There are 4 bodies of text and a title on this slide. The title is centrally aligned and a body of text in black font is centrally aligned directly underneath the title. Underneath this there are 2 column shaped text boxes outlined with a dark purple text box. On the left is a column titled “Inattentive

Type” and on the right is a column titled “Hyperactive/Impulsive Type”. Underneath these columns is a third centrally aligned text box that is titled “Combined Type”.

Slide 3

Currently, NHS statistics suggest that 3-5% of children and 2% of adults in the UK are diagnosed with ADHD. However, the real statistics may be higher as ADHD is thought to be widely underdiagnosed, especially in people assigned female at birth.

While the cause of ADHD is unknown, it’s theorised that ADHD symptoms are linked to a lack of the neurotransmitter Dopamine. This deficiency can have a large impact on our executive functioning skills (more on that later!). This is also why ADHD is sometimes medicated with stimulant medication as it increases Dopamine levels and allows us to focus better.

Image Description

All of the text is centrally aligned and in black font. There are 2 paragraphs of text.

Slide 4

What is Executive Functioning?

“Executive functions” are a wide range of brain processes which control behaviour and cognitive processes such as:

- Emotional Regulation
- Working Memory
- Task Initiation
- Organisation
- Impulse Control
- Time Management
- Planning & Prioritising

However, this is not an exhaustive list.

Image Description

The title is centrally aligned and is written in dark purple font. Underneath the title is a body of text that is centrally aligned and in black font. Underneath this body of text are 8 phrases randomly scattered across the bottom half of the slide, they are written in either teal, dark purple, dark blue or black.

Slide 5

Struggling with these things is often referred to as “executive dysfunction” which effects each person differently but a few examples of what executive dysfunction can look like are: struggling to motivate yourself to do things, forgetting things, difficulty controlling emotions, losing track of time (or “time blindness”) and difficulty prioritizing tasks or getting “stuck” when faced with a large task. ADHD is often considered to be an executive function disorder.

Executive dysfunction is also present in a range of other mental health conditions such as Autism, OCD, Depression, Anxiety, PTSD, Schizophrenia and can also occur in people with

chronic pain. Each condition can affect a person's executive functioning differently and people with the same condition can experience executive dysfunction in different ways.

It's important to remember that executive dysfunction is not laziness. While it can look as though we are "not trying" from the outside we often use large amounts of energy to overcome these.

Image Description

All the text is centrally aligned and is written in black font. There are 3 paragraphs of text. In the third paragraph the first sentence is highlighted in dark purple font.

Slide 6

How does ADHD affect me Mentally...

It can sometimes be frustrating to manage the symptoms and it can affect relationships with things like forgetfulness and being sensitive to rejection (Rejection Sensitive Dysphoria). That being said, ADHD can also come with creativity and enthusiasm for things we find interesting which can make the world seem more fun.

Having a diagnosis has also led to having a better understanding of myself and how I can help myself. As wider awareness and understanding of ADHD grows, coping with symptoms becomes much easier!

Image Description

The title is centrally aligned and is written in dark purple font. The body of text is centrally aligned and in black font. There are 2 paragraphs of text.

Slide 7

How does ADHD affect My Life...

ADHD can affect most parts of my life since it can make things like keeping on top of university work and organising myself difficult. Sometimes executive dysfunction means it can be difficult to take care of myself in the way I need to or remember what I need to do.

I have a wide range of different coping techniques that I skip between depending on what works best at the time, which can often seem confusing to other people but makes sense to me! I also take medication daily which helps to manage my symptoms and get more done than I would without it.

Image Description

The title is centrally aligned and is written in dark purple font. The body of text is centrally aligned and in black font. There are 2 paragraphs of text.

Slide 8

4 things your friends can do to help...

Be patient, while we understand that our symptoms can sometimes be frustrating for those around us, we aren't trying to annoy you! Often we are just as (if not more so) irritated by our symptoms than others.

Don't be offended if we forget! Short term memory problems can be a large part of how ADHD affects us so, if we forget details or things we've said try not to take it personally. We're not trying to be rude or creating excuses. I always appreciate gentle reminders of things I've repeated or forgotten (although each person is different, you should ask your friend if they're okay with reminders from you before you do so).

Research what ADHD is and how it can affect us, having a simple understanding of what is going on in our brains can help a lot when it comes to helping and understanding your friends with ADHD.

Ask if there's something you can do. ADHD affects each person differently and we all have our own ways of coping! The best way you can help a friend with it is to ask them directly if there is anything you can do to help them manage their symptoms.

Image Description

The title is centrally aligned and is written in dark purple font. The body of text is centrally aligned and in black font. There are 4 paragraphs of text.

Slide 9

About the Author

Mia (she/her) is currently studying Psychology at the University of Leicester and loves talking about ADHD to anyone who will listen.

Resources to learn more ...

There are many resources for for those of us with ADHD but a few of my favourites are:

- HowToADHD - a YouTube channel with education and tips for managing ADHD
- ADDitude - a magazine dedicated to all things ADHD
- <https://www.adhddd.com/> - created by @danidonovan with comics and information on ADHD

Image Description

In the top left hand corner is a body of black text, aligned to the left, under a dark purple title that says "About the author". In the top right hand corner is a photo of Mia. Mia has mid length, pink curly hair, blue eyes and is smiling at the camera. She is wearing a white t-shirt with navy blue edging. In the bottom half of the slide is a second title in dark purple font that says "Resources to learn more...". Underneath this is a bullet point list written in black font aligned to the left.

Slide 10

Get Involved!

We would love to get as many people involved in creating these resources as possible! If you are a young person living with chronic illness, mental health condition, disability, or long term health condition, and would be interested in making a similar resource based on your experiences, we would love to hear from you!

You can email us at thelunaprojectuk@gmail.com or find us on social media [@thelunaprojectuk](https://www.instagram.com/thelunaprojectuk).

Find out more

You can find more information about the work we do, our resources and opportunities to get involved on our website: <https://www.thelunaproject.org.uk/>

Image Description

At the top of the slide the title “Get Involved!” is centrally aligned and is written in dark purple font. Under this are 2 paragraphs of text that is centrally aligned and in black font. Underneath these paragraphs is a centrally aligned subtitle that says “Find out more”. Underneath this is a paragraph of black text. In the bottom left hand corner are the Instagram, Facebook and Twitter logos with The LUNA Project profile names underneath each one. Underneath this is a link to the website: <https://www.thelunaproject.org.uk/> and our email address: thelunaprojectuk@gmail.com