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**Useful Information - ADHD**

COMMON FEELNGS OF ADHD

* "Full on", intense, highly strung, hyperactive
* Scatty, forgetful and disorganised, lose things, have piles of stuff everywhere
* Your brain is going so fast that explanations/sentences don't make sense to other people or you forget the main point to explain and/or change subjects mid-sentence
* Distracted easily, trouble staying motivated or complete hyper focus
* Impatient, rush through tasks
* No concept of time
* Don’t listen well and butt in during conversations
* Easily flustered and overwhelmed, don’t deal well with stress
* Hypersensitive to comments, struggle to let things go
* All or nothing attitude
* Low self-esteem and sense of insecurity
* Having a ‘knot’ and feeling sick in the stomach
* Emotions are on a constantly up-and-down journey. Feel like your motor can’t shut off. Your yearning to keep moving and doing things can lead to frustration when you can’t do something immediately. This leads to restlessness, which can lead to frustrations and anxiety. Anxiety is a very common symptom of adult ADHD, as the mind tends to replay worrisome events repeatedly
* Small frustrations can seem intolerable or bring on mood swings

**RESOURCES**

Michele Toner - ADHD support WA - <http://www.micheletoner.com/>

DSM5 - Diagnostic and Statistical Manual of Mental Disorders
Internal/External locus of control

**SUPPORT GROUPS**

Facebook – ADHD Group Coaching

Facebook - Adult ADHD Support Group

Attention Deficit Disorder Victoria (ADDVic) Tel. (03) 9890 2144 or 1800 233 842

**ESSENTIAL OILS**

Vetiver - grounding

On guard – safety

Cedarwood – uplifting but calming at the same time

In Tune – focus

We can also make up various blends which can be more specific to help with specific issues