

UNDERSTANDING CONDITIONS

what is **ADHD**

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What is ADHD?

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What I think ADHD is and how it feels to have ADHD.

Write your ideas below...



So how does ADHD feel? For some it may feel like:

ADHD, or Attention Deficit Hyperactivity Disorder, has two main types: inattentiveness and hyperactivity/impulsiveness. Some people experience both types, but everyone with ADHD is unique. For example, some might fidget a lot, while others may seem like they're not listening or daydream often. It's not always obvious if someone has ADHD because many people mask their symptoms. Everyone with ADHD has their own strengths and challenges, making them wonderfully diverse.

Inattentiveness may mean:

- Finding it hard to concentrate and focus
- Getting easily distracted
- Short attention span
- Being forgetful and losing things
- Seeming like you're not listening
- Difficulty organising
- Not sticking to activities that aren't interesting

Hyperactivity may mean:

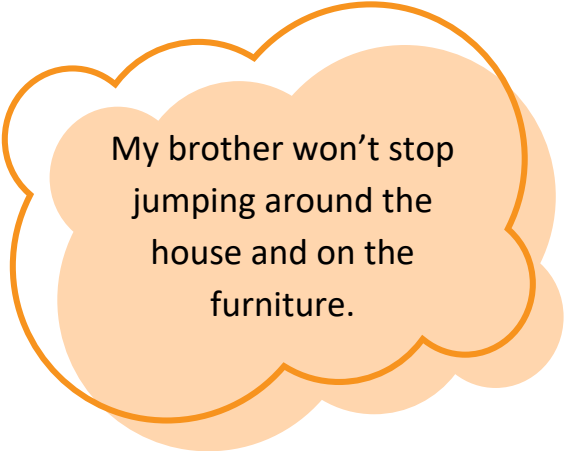
- Being unable to sit still
- Fidgeting and moving lots
- Talking lots
- Interrupting when other people are talking
- Struggling to wait their turn
- Acting without thinking
- Little or no sense of danger
- Struggling to concentrate




Sometimes it can be hard to understand and cope




I'm fed up with repeating myself all the time. They never listen to me!



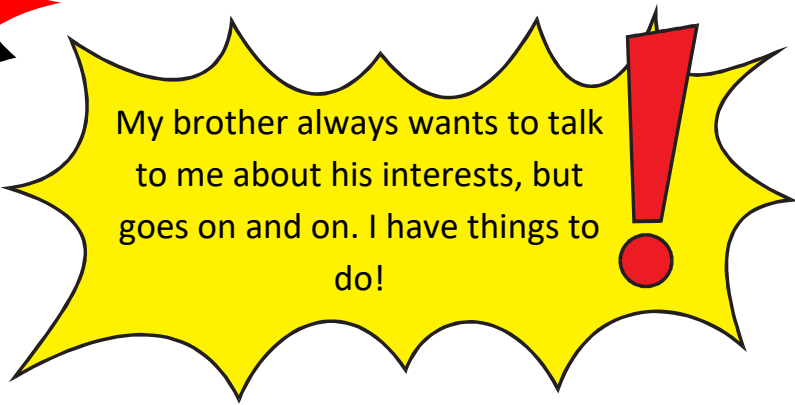
My brother won't stop jumping around the house and on the furniture.



When we're in public, lots of people stare at my sister because she makes a lot of noise. It's embarrassing.

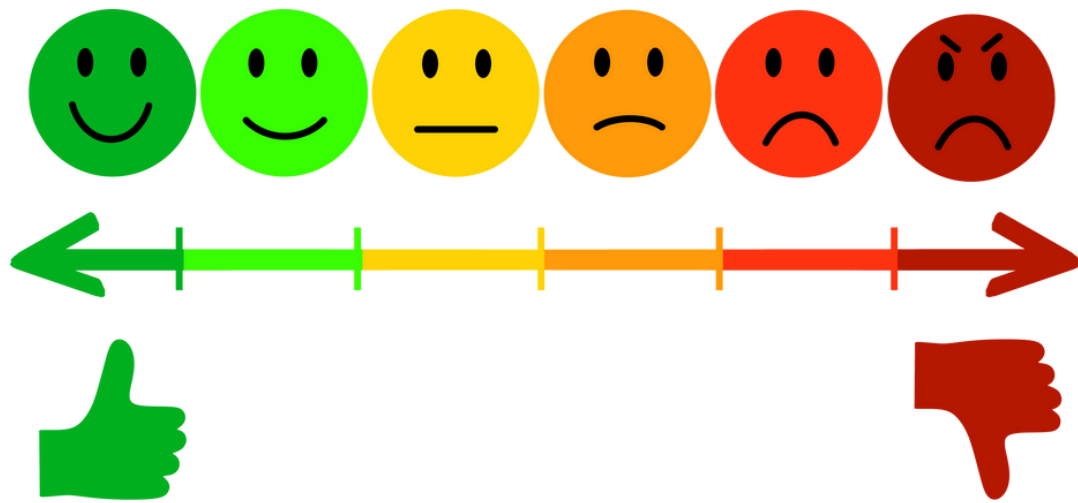


My parents spend less time with me because my sibling is always taking up their time with school and appointments.

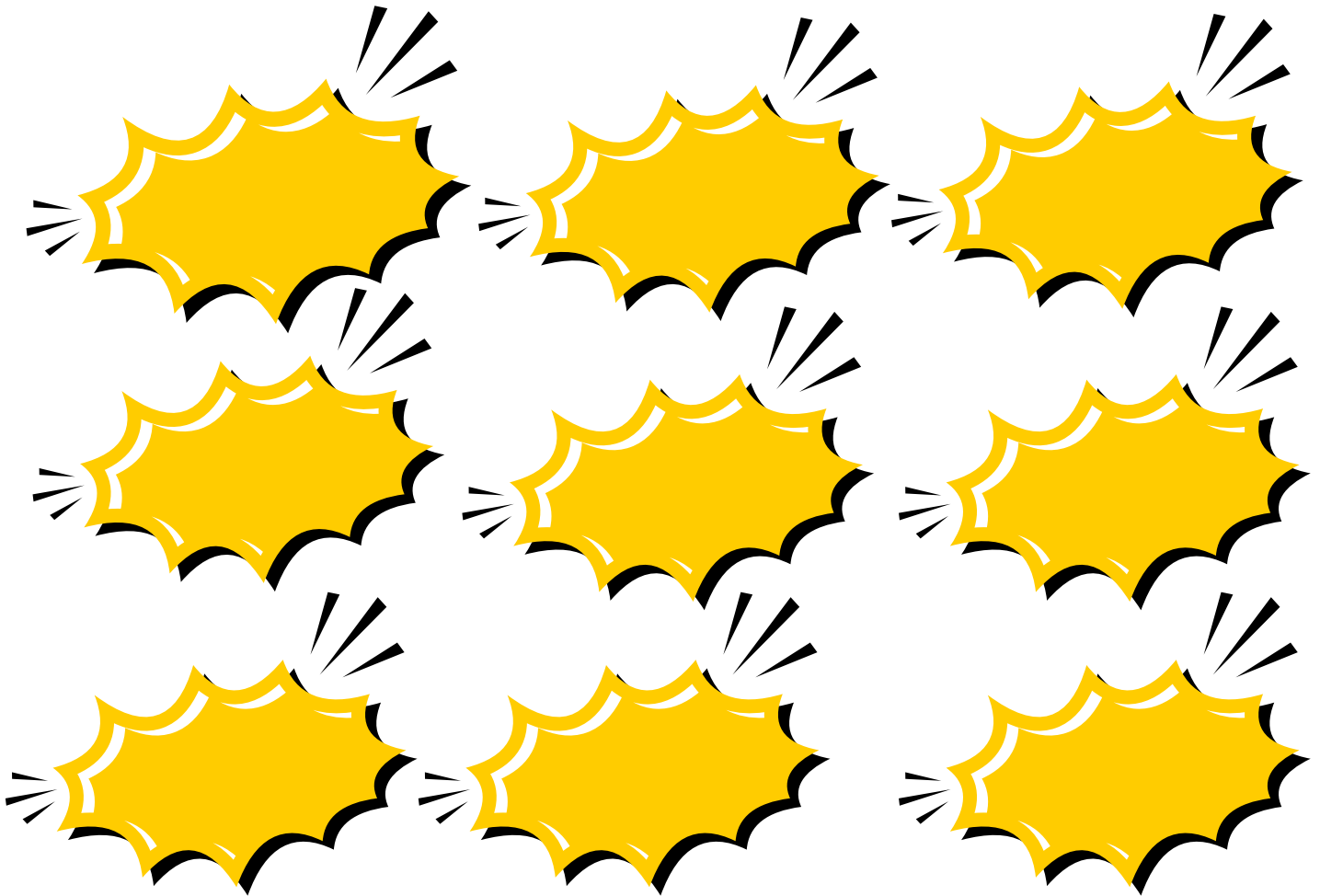


My brother always wants to talk to me about his interests, but goes on and on. I have things to do!

Sometimes I may feel



Think of some words to describe your
feelings and write them below



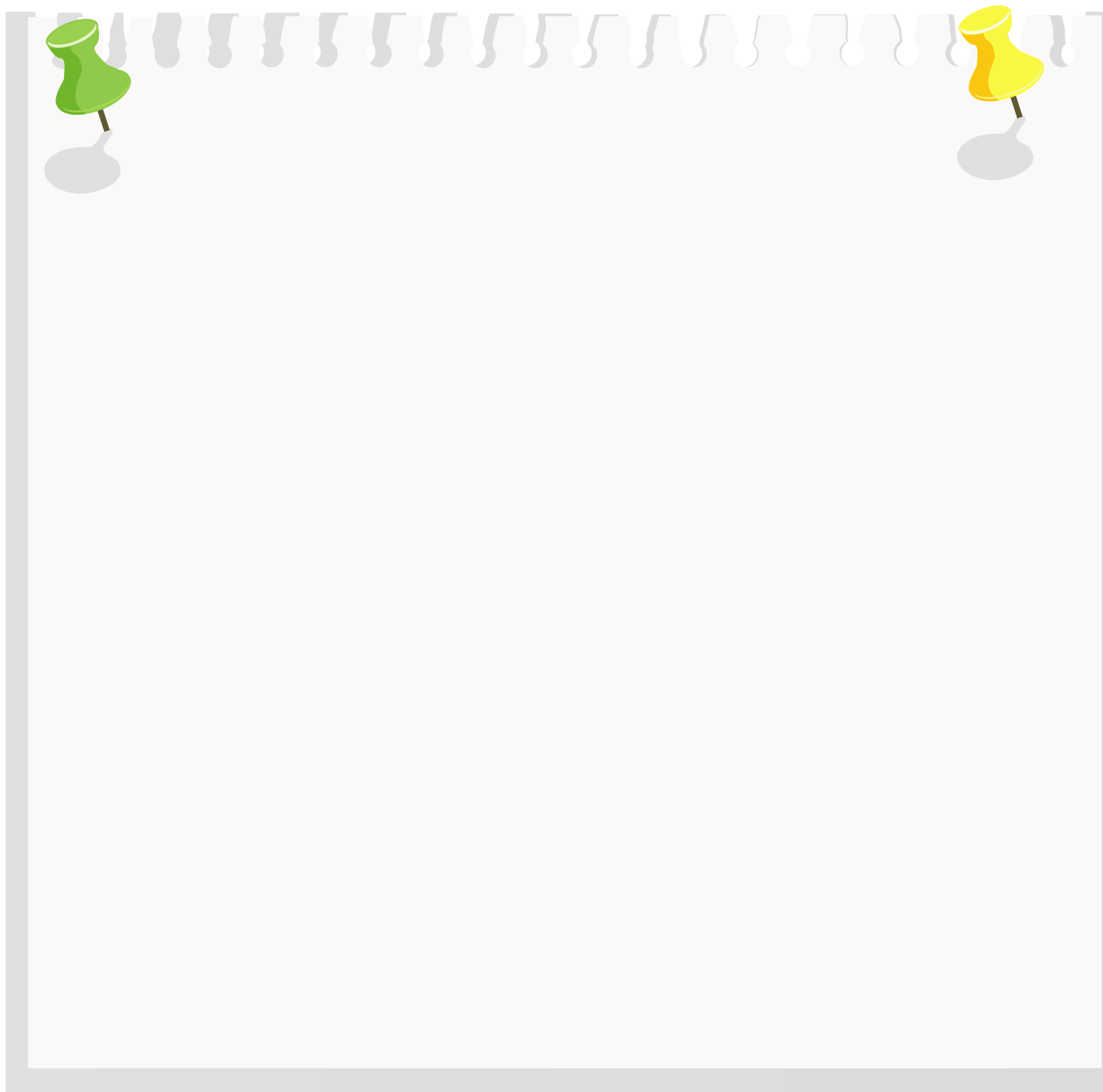


Top Tips

Keep asking questions if you don't understand the answers don't worry– even adults find it hard to understand disability.

- Write a list of questions for your parents. They may not be able to give you all the answers at once but finding things out a bit at a time may help feeling left out when you don't understand things.
- Make a list of all the things you have learnt to do as a sibling that other people your age don't know about
- Talk to your teacher if the care you are doing is stopping you from doing your homework
- Make a list of the things you enjoy doing and see if you can do one of these each week
- Walk away and go to a safe place in your house if you are finding your sibling overwhelming to be with.

Take a moment to think about your thoughts and anything you have found useful. Maybe you have more questions - jot them down here:

A large, blank, light gray rectangular area with a torn paper top edge, intended for writing. It is held in place by a green pushpin on the left and a yellow pushpin on the right.

Useful Apps and Links

Apps

- **SMILING MIND:** practice daily meditation and mindfulness exercises
- **MOOD PANDA:** track your mood and get anonymous support
- **DEPRESSION CBT SELF-HELP GUIDE:** learn to control stress that contributes to depression
- **SLEEP CYCLE:** track your sleep so you can get woken up at the perfect time for your mood
- **MOODPATH:** depression and anxiety tracker and test (ages 13-25)
- **BREATHR APP:** Designed for young people offering mindfulness exercises, which may be fun and accessible for you to try
- **SEL-ANXIETY MANAGEMENT (SAM) APP:** SAM includes lots of information about anxiety, as well as calming activities to help you feel more relaxed
- **MINDSHIFT:** designed to help teenagers struggling with anxiety or low mood. It includes tracking tools, positive thinking activities, relaxation tips, and inspiring quotes/stories
- **PACIFA:** aims to help with anxiety, depression and stress using techniques based on Cognitive Behavioural Therapy (CBT) and mindfulness
- **HEADSPACE:** train your mind for a healthier, happier life (ages 13-25)

Other Support::

- **Sibs:** [Sibs - Young Sibs & Sibs - Siblings and ADHD](#)
- **ADHD Foundation:** [ADHD Foundation - Services for Families](#)





Young Carers
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We are an experienced charity supporting unpaid
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