

# 10 tips for adults newly diagnosed with ADHD



**1 Be Curious** Learn as much as you can about ADHD. Every brain is different. Learn how it shows up in your life. Start here.

**2 Prioritise self-care** Regular exercise, sufficient sleep, and a balanced diet can help manage ADHD symptoms.

**3 Take your time** a new diagnosis can kick-off a transformative journey

**4 Find your tribe** connecting with fellow ADHDers is a key step in self-acceptance. And you will learn so much!.

**5 Consider professional support**

It's normal for you to be experiencing a range of emotions right now - relief, sadness, joy, confusion and the dreaded 'what ifs?' A qualified healthcare professional can help.

**6 Share with care** Start by telling those you trust. A strong support system can make a significant difference in your journey.

**7 Medication** to try or not to try? This is a personal choice. Medication can provide invaluable support but always remember pills don't teach skills.

**8 Embrace technology** it can be an ADHDers best friend. Whether it be online lists, multiple reminders, digital planners - try a few and find what works for you. Medication

**9 Be kind** to yourself

**10 Know your strengths** and re-connect with what you are good at and love doing.

**Stay wierd and thrive!**