



Supporting ADHD: Practical Tools & Resources

Living with ADHD can be challenging, but the good news is that there are many **effective, non-medication strategies** that can significantly improve focus, mood, and daily functioning. You don't have to do all of these—small, consistent changes can make a big difference.

Movement, Sleep & Daily Habits

Regular Exercise

- One of the most helpful tools for managing ADHD symptoms
- Improves focus, executive function, and energy
- Helps reduce anxiety and depression, which commonly coexist with ADHD

Fresh Air & Sunlight

- Outdoor time supports mood regulation and circadian rhythm
- Sun exposure helps maintain healthy vitamin D levels

Sleep

- Adequate, consistent sleep is critical for attention, emotional regulation, and impulse control
 - Prioritize a regular sleep schedule when possible
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Mindfulness & Meditation

Mindfulness and meditation may feel unfamiliar or even a little uncomfortable at first—but they are powerful tools for ADHD.

Benefits include:

- Training your brain to slow down and focus
- Improving emotional regulation
- Reducing stress and anxiety
- Increasing awareness of thoughts and behaviors

Helpful resources:

- www.freemindfulness.org – Simple explanations and short, free guided exercises
- www.mindful.org – Educational articles plus free mindfulness and meditation practices

Other Mindfulness Options

- Yoga (combines movement, breathing, and mindfulness)
 - Journaling, drawing, or coloring
 - Any activity that helps you slow down and stay present
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Learning More About ADHD

Education is a powerful tool. Understanding how ADHD affects your brain can make symptoms feel more manageable and less frustrating.

Helpful Podcasts (available on Spotify, Apple Podcasts, and other platforms):

- *I Have ADHD* – Short, practical episodes
- *Hacking Your ADHD*
- *The Adult ADHD Podcast*
- *Secular Buddhism* – Not religious; focuses on mindfulness, awareness, and practical life principles that many people with ADHD find helpful

If one doesn't resonate with you, try another—there are many great options.

THESE INSTRUCTIONS ARE MEANT FOR CURRENT WELLKC PATIENTS. IF YOU ARE NOT A CURRENT WELLKC PATIENT, THIS INFORMATION IS FOR GENERAL INFORMATIONAL PURPOSES ONLY AND IS NOT INTENDED AS A SUBSTITUTE FOR PROFESSIONAL MEDICAL ADVICE, DIAGNOSIS, OR TREATMENT. YOU SHOULD ONLY TAKE MEDICAL ADVICE FROM A PROVIDER WHO HAS SPECIFICALLY EVALUATED YOU AND HAS AN AGREED ON PROVIDER - PATIENT RELATIONSHIP. IF YOU ARE INTERESTED IN BECOMING A PATIENT, PLEASE REACH OUT THROUGH OUR WEBSITE:

WWW.WELLKCKS.ORG

Trusted ADHD Education & Support

CHADD (Children and Adults with Attention-Deficit/Hyperactivity Disorder)

- Website: www.chadd.org
- Excellent educational resources for adults and children
- Podcasts: *All Things ADHD* and *ADHD 365* (some episodes focus on children, many address adult ADHD as well)

Coaching & Therapy Options

ADHD Coaching

- Focuses on practical lifestyle changes, routines, and strategies
- **Stephanie Swanson Coaching:** <https://stephanieswansoncoaching.com/>
 - Offers ADHD coaching and free initial consultations

Therapy Support

- **Dr. Tiffany Ruffin, Innerworth Psychology**
 - Specializes in ADHD support
 - Website: <https://www.innerworthpsychology.com/>
 - Email: Ruffin@innerworthpsychology.com

Nutrition & Micronutrients

Many people with ADHD are deficient in key nutrients that affect brain function and mood, including:

- Magnesium
- Vitamin D
- Iron
- Omega-3 and Omega-6 fatty acids
- Zinc

We have *general* recommendations for each of these supplements on our Fullscript supplement website - <https://us.fullscript.com/welcome/wellkcks> (you do have to create an account) We can test these levels when appropriate and provide **personalized supplement recommendations** if needed.

Final Encouragement

Even if some of these tools don't sound appealing right now, we encourage you to **try a few**. You may find that one strategy isn't helpful—but another surprises you in a positive way.

ADHD can be challenging, but with the right tools and support, it can also be a strength. Take what's helpful from these resources, focus on small wins, and be patient with yourself. Progress—not perfection—matters, and our team is always here to support you along the way.