

- **SPIRITUAL**

- Prayer
- Meditation-yoga



- **ACCOMODATION**

- School :
 1. Sit in front or middle
 2. Give more time for exams, tests, projects
 3. Increase child's breaks and send child for walk
 4. Provide class notes
- University
- Workplace

- **CONNECTEDNESS****

- Surround yourself with positive human contact – HALLOWELL



- **GOOD HABITS**

- Sleep - At least 8 hours
- Massage -
- Funny Movies - Laugh
- Adapt a daily routine / Make a to do list
- Spend time with family
- ADHD Moment

