

Embrace being the ODD ONE OUT

How to Be Happy and Successful By Breaking the Rules

Be proud of the fact that you are the odd one out, a maverick, that you have ADHD. Its not a bad thing, sure you have challenges. But being ADHD means you have a lot of gifts and talents, that many people only wish they possessed.

Resilience: You bounce back
Ingenuity: You have amazing ideas

Creativity: You think laterally and in exciting ways

Energy: You have large reserves of energy. Use it positively

Sensitivity: You are sensitive to people's feelings and very caring

Imaginative: You are good at art, craft, design and technology

Inventive: You are a good problem solver

Good hearted: You always have a kind word and a willingness to help

Spunky: You are usually full of fun and humor. Enjoy.

At this point in your life, you have a choice. You can choose to see your ADHD as a disability or as a difference.

You can feel sorry for yourself, or you can embrace your differences and take pride in your maverick nature. One path will lead to even more challenges and even lower self-esteem. The other will lead to self acceptance, improved self-esteem, happiness and success.

Being ADHD you are the odd one out in the world. **You don't do things like everyone else, but you also don't need to beat yourself up over it.**

The more you embrace yourself as the person that YOU are and the person that YOU want to be. You will realize that you don't have to stuck following to the rules that other people follow.

Create your own rules in your own game AND play that game in a big way. You will realize that you have a spec ail knack for using your ADHD traits to your advantage.

If you treat your ADHD like a problem it will become a problem

If you treat it like a set of qualities and characteristics that make you who you are, **You can learn to manage the challenges and utilize the advantages.**

Learn to thrive outside the mould, with the support of people you trust and admire. Get a coach if need

Next newsletter we will give you essential skills for managing your Adult ADHD

1 Break the Cycle of overwhelm.

2 Work with your ADHD, not against it

3 ADDjust your Attitude

4 Take Control

5 LIVE OUT LOUD



5 Step Problem Solving

What do you do when you have a problem? For really big problems, you may need the help of a parent or teacher, but sometimes, you can figure out what to do all by yourself by using these steps

STEP 1 - What is the problem? (for example I forgot to hand in my homework.)

STEP 2 - What are some of the things I could do about the problem? (I could ask my friend to remind me. I could get a fluorescent folder to put my homework in. I could stick a note on my desk...)

STEP 3 - Which ones seem the best? (Stick the remember note on my desk)

STEP 4 -Try out your idea and see if it works. (Yeah! I saw my homework note and handed in my homework!)

STEP 5 - If it doesn't work, try another one of your ideas. (Oops! I forgot to write the note. Maybe I will ask Dad to buy me a fluorescent folder to keep my home work in. That way I will notice the folder and turn in my homework.)

Think of a problem you have now or have had in the past few days. Try problem solving using all five steps, and see if you can think of a solution that you haven't found before. Maybe your mom or dad could help you problem solving.



A Genius in the Making—solving the problems of the future

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CONFERENCES

May 2011, Berlin,
3rd International Congress on ADHD

May 2011, Hawaii
American Psychiatric Association

MARCH 2011, Harvard Univ.
Adhd through the life span

November 2010, Atlanta,
22nd CHADD Conference

July 2010, SA
ADDASA Conference

March 2010, Boston USA
Child and Adult Psychopharmacology

November, 2009 India
1. Association for Social Psychiatry
2. World Association for Psychosocial rehabilitation

May 2009, Vienna
2nd International ADHD Conference



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