

ALL ABOUT



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Make a plan to outsmart stress this holiday season!

Real people with ADHD share great advice about navigating the hectic holiday season

While ADHDers may be experiencing some stress during the holidays and talking about it, they are also gifting each other with strategies to keep some seasonal joy in the picture. Holiday humor is also high on the list of things that can be used to help keep things light and bright!



The heightened stress that the holiday season can usher in can be particularly tricky for those with ADHD—especially when routines get disrupted by schedule shifts, travel, family obligations or traditions, and entertaining, to name just a few.

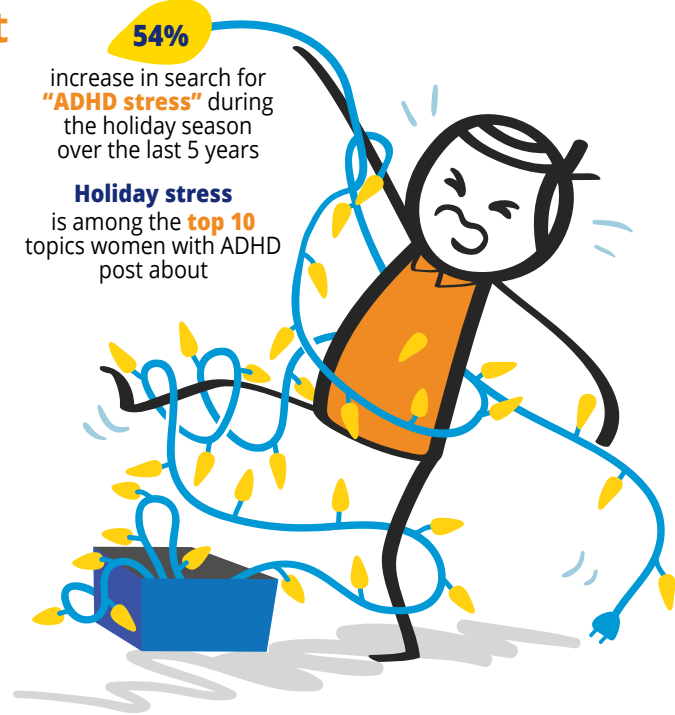


By observing thousands of websites, recent social media mentions, and Google search activity to see what bubbles to the top, we can paint an authentic picture of what is needed by, and meaningful to, real people living with ADHD.

54%

increase in search for "ADHD stress" during the holiday season over the last 5 years

Holiday stress is among the top 10 topics women with ADHD post about



Gift yourself a plan to handle these common holiday "hot buttons"!

- Time Management:** organizing schedules and commitments
- Support Systems:** needed family, friends, or networks
- Diet & Exercise:** balancing indulgence with healthy eating and exercise
- Mindfulness & Relaxation:** using tools to help with holiday stress

We hope you enjoy this issue. Happy reading!

-Your Editorial Team



▶▶▶ Check out the last page for additional resources!

What's inside every issue...

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Hot topics: Deeper dives into ADHD-associated holiday topics



Hacks: People with ADHD share all kinds of tips and tricks to outsmart seasonal stress



Humor: Holiday humor can help—and the ADHD community has plenty to share

STEP 1

Have an ATTITUDE OF GRATITUDE

Acknowledging what we are grateful for, or practicing an **ATTITUDE OF GRATITUDE**, can do wonders during the hectic holiday season. Here's how:



Taking time for gratitude can reduce holiday stress as well as improve self-acceptance, and resilience



For yourself: Practice gratitude to shift focus away from negative self-talk and toward personal strengths



For a child: Express gratitude for a child's strengths and talents to help boost their self-esteem



For a loved one: In the spirit of giving, celebrate the interests of people you care about and engage in activities they like to help strengthen family connections

STEP 3

Lean in and laugh...

Lean into the ADHD community—their sense of humor, eagerness to help, and simple life hacks make learning easier

1. Create a gift wrap station with all needed supplies in one place.
2. Consider gift bags to cut down on supplies and make wrapping easier.
3. Skip the cards; make calls or send texts/emails.

A Reddit user shared:
✓ Minimize the number of gifts that are needed; just buy for the kids and plan a trip or event for the adults.



Let's face it, holidays can be humorous... and it feels good to laugh!



That nanosecond between when I finish wrapping it...and when I forget what the heck it is and who it is for.

TOTALLYADD.COM

FA LA LA LA LA LA
PANIC!!!



STEP 2

Deactivate stressors

Making a list and checking it twice may be a good idea when it comes to managing the heightened stress of the holidays.

Managing Expectations

- Tell kids how you expect them to behave before holiday visits and events
- Have realistic expectations based on a kid's age and/or developmental stage
- Engage kids in planning activities to provide them with a sense of control and predictability
- Be flexible with holiday plans, allowing for adjustments if a kid needs it

Prioritizing Self-Care

- Set aside time for relaxation and self-care activities
- Identify specific triggers that increase stress
- Keep plans and gift-giving simple
- Focus on being present in the moment
- Reduce commitments to avoid overscheduling
- Practice self-compassion to alleviate pressures and enhance enjoyment

Handling Holiday Travel

- Be realistic about what you and your kids can handle
- Maintain some routine—especially around sleep—to help manage ADHD symptoms
- Set clear and fair expectations with co-parents around managing responsibilities
- Embrace limits and make choices that align with family needs and values

New Year's Resolutions

- Break your primary goal into a series of small, achievable steps
- Visualize success—how will things improve if you stick with your resolution?
- Use reminder apps to help you stay on track and reward yourself for following through
- Be honest about what you need to stay motivated and make small adjustments to push toward your goal
- "Buddy up" with others who share your goals to provide accountability and motivation

STEP 4

Don't "eat your feelings"—maintain some of your mealtime routines



Disruptions in diet can exacerbate ADHD symptoms. Check out these tips related to diet during the holidays for individuals with ADHD

- ✓ **Be mindful of increased sugar and carbs**—unhealthy eating can disrupt regular eating patterns
- ✓ **Bring along healthy meals and snacks**—these can help you maintain some balance in your diet
- ✓ **Keep an eye on alcohol intake**—especially if it's used to cope with family tension
- ✓ **Maintain some of your mealtime routines:**
 - Regular meal planning can help keep some structure or routine and reduce holiday stress
 - Prepare grocery lists in advance to have ingredients for healthy meals



Check out these websites for some **ADHD-friendly recipes and meal planning tips**—bon appétit!

- 1 <https://thenutritionjunk.com/50-adhd-friendly-recipes/>
- 2 <https://www.abbeyneuropsychologyclinic.com/adhd-friendly-meals-for-the-holiday/>
- 3 <https://karunaforyou.com/holiday-meal-planning-for-adhd/>

ALL ABOUT



Remember to follow these 4 steps to help make this holiday season a festive one:

ATTITUDE OF GRATITUDE wins!

Deactivate stressors!

Hacks and humor help!

Diet and exercise matter!

**Wishing everyone a happy, healthy new year ahead!
#ADHDcommunitygratitude**



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