

[View this email in your browser](#)



 Share  Tweet  Forward

Succeeding with ADHD

How we measure success varies by person, but some things are valued by the majority of people: achieving our goals in life, having healthy relationships, and doing well in a career we enjoy. For adults affected by ADHD, these benchmarks can sometimes seem hard to achieve if symptoms derail our best efforts.



The first step is to understand where the challenge lies. It is helpful to have a diagnosis in place, to learn about ADHD and any co-occurring conditions you might also have, and to identify where and how symptoms get in the way. Working with a specialist who can help you with a treatment plan can make a significant difference in personal, social and work life. [Read more.](#)

Keep Calm and "DE-STRESS"

When a student is struggling with ADHD or a learning disability, he may find he's working as hard as he can but just can't keep up with expectations from his parents and teachers. To cope, he might become argumentative, and behave in ways that draw their attention away from his academic struggles. Jerome Schultz, a clinical neuropsychologist, says the student is acting out because he's afraid of being seen as incompetent in his schoolwork—especially by his parents, teachers and classmates.

In an effort to help struggling—and frustrated—students, Dr. Schultz has developed his DE-STRESS approach. After working with many young people, he believes it can help students with ADHD and LD be successful when faced with frustration, anxiety, stress and the desire to escape the situation.



Could his approach work for your student? [Find out more.](#)

Could Your Child's Birth Date Affect ADHD Diagnosis?

Parents and professionals many need to take a child's birth date into account when considering the possibility of ADHD, according to recently published research in the [Journal of Pediatrics](#).

CHADD Professional Advisory Board Co-Chair Dr. Max Wiznitzer spoke with ABC News this week about the difference 11 months can make in a young child's maturity and attention levels. This amount of time can affect the evaluation for ADHD, he says. [Watch now.](#)



Don't let ADHD Get in the Way of Tax Time

It's one month until this year's tax deadline. Are you ready?

For many people affected by ADHD, managing the tax deadline and the challenges presented by ADHD symptoms can make this a crunch time. Difficulties with organization can mean that important papers are not in one place or easily gathered. Executive function challenges with time management and sensing the flow of time can make this looming deadline seem further away than it is. [Read more.](#)





ADHD *in the News*

- ADHD and immaturity: examining the UK context
- How do stimulant medications affect sleep in children with ADHD?
- Gene mutation linked to persistent ADHD
- Understanding the link between ADHD and obesity

Read these and other articles in the [ADHD in the News weekly digest](#).

Did You Know?

"ADD" used to be referred to as a separate disorder. In the latest edition of the *Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition (DSM-5)*, the term "ADHD" is now the official term for both inattentive and hyperactive presentations.

[NRC Website](#)

[Facebook](#)

[Twitter](#)

[Youtube](#)

Copyright © 2016 NRC - A Program of CHADD, All rights reserved.

Want to change how you receive these emails?
You can update your preferences or unsubscribe from this list