SOCIAL EMOTIONAL WELLNESS

CREATED BY: HEBISD CRISIS INTERVENTION & PREVENTION

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The team addresses mental health concerns to create a positive school environment for all students. You can submit a referral to our team by clicking HERE

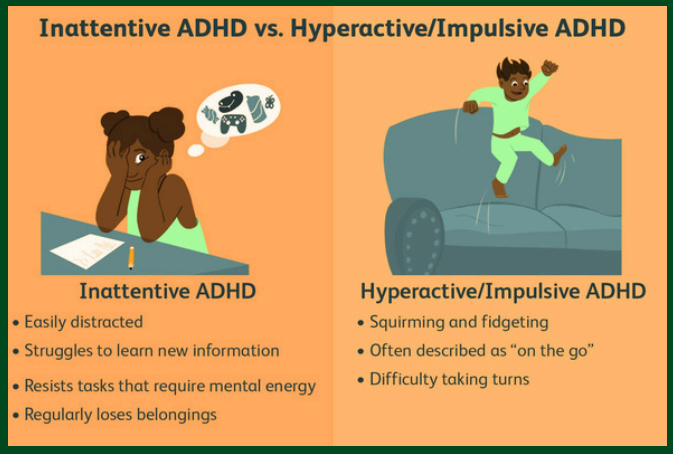
ADHD Awareness Month

What is ADHD?

Attention-deficit hyperactivity disorder, or ADHD, is a condition that makes it difficult for children to concentrate, to pay attention, to sit still, to follow directions, and to control impulsive behavior. While all young children are at times distractible, restless, and oblivious to parents' and teachers' instructions, kids with ADHD behave this way much more often than other children their age. And their inability to settle down, focus, and follow through on tasks in age-appropriate ways makes it very hard for them to do what's expected of them at school.

Child Mind Institute

Types of ADHD



INATTENTIVE ADHD

Children may struggle with organizing tasks, following through on instructions, and maintaining focus on tasks. They are easily sidetracked and may seem forgetful in daily activities.

HYPERACTIVE / IMPULSIVE ADHD

This may consist of excessive fidgeting, talking, and an inability to stay still for appropriate periods. Interruption, make hasty decisions, or have difficulty waiting their turn.
For more information click here.

GENDER DIFFERENCES IN ADHD SYMPTOMS

Boys with ADHD usually show externalized symptoms, such as running and impulsivity. Girls with ADHD, on the other hand, typically show internalized symptoms. These symptoms include inattentiveness and low self-esteem. Boys also tend to be more physically aggressive, while girls tend to be more verbally aggressive.

SYMPTOMS IN GIRLS

- Being withdrawn
- Low self-esteem
- Anxiety
- Difficulty with academic achievement
- Inattentiveness or a tendency to "daydream"
- Trouble focusing
- Appearing not to listen
- Verbal aggression, such as teasing, taunting, or name calling

SYMPTOMS IN BOYS

- Impulsivity or "acting out"
- Hyperactivity, such as running and hitting
- Lack of focus, including inattentiveness
- Inability to sit still
- Physical aggression
- Talking excessively
- Frequently interrupting other peoples' conversations and activities

LEARN MORE



Coping Skills

- **Create Structure and Routine**
  - Structure and routines help by providing predictability and a framework that reduces chaos and uncertainty. Structuring the day with a consistent routine like regular times for meals, homework, and sleep can establish a sense of order and control.
- **Break Steps into Manageable Steps**
  - Large tasks can be overwhelming, so breaking them down into small steps is beneficial. This approach can make tasks seem less daunting and help maintain focus and motivation.
- **Limit Distractions**
  - Limiting distractions and sensory input is crucial for managing ADHD as it helps to minimize the over stimulation of an already restless mind, thereby enhancing focus and concentration.
- **Professional Help and ADHD Therapy**
  - Professional ADHD therapy offers structured and personalized strategies to address the unique challenges posed by the disorder. It plays a crucial role in improving behavioral, cognitive, and emotional functioning. Therapies such as Behavioral Therapy and Cognitive Behavioral Therapy (CBT) provide individuals with the tools to modify negative behavior patterns and alter detrimental thought processes. Click here for more information.