

ADHD (Attention Deficit Hyperactivity Disorder)

The 3 key indicators of ADHD are **inattentiveness**, **hyperactivity** and **impulsivity**.

1. Inattentiveness

- Becoming rapidly bored with a task
- Easily distracted
- Failing to pay attention to detail
- Difficulty listening to others
- Difficulty with planning and organising tasks
- Shifting from one incomplete activity to another
- Losing and/or forgetting things

2. Hyperactivity

- Feeling restless and fidgety
- Frequent and/or excessive talking
- Doing several tasks at once
- Attracted by highly stimulating activities

3. Impulsivity

- Interrupting others
- Difficulty awaiting turn in a group
- Speaking without thinking of the consequences
- Impulsive and/or risky behaviours

Many people with ADHD also have significant strengths, e.g.:

- Ability to see the 'big picture'
- Creative and inventive
- High levels of energy and productivity
- Taking risks that can lead to discoveries
- Intuitive

If you identify with these behaviours and would like to discuss further, please contact wellbeing@rncm.ac.uk to arrange a meeting.

PLEASE NOTE: formal diagnosis of ADHD is through a medical referral, normally made by a GP. For further information, including an online self-screening tool, see: <https://adhduk.co.uk/diagnosis-pathways/>