

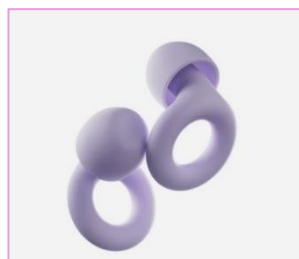
9 Holistic Supports for ADHD

Sleep – Racing thoughts at the end of a busy day can mean our brain is still active at bedtime. Try a soothing chamomile tea or Sleepytime tea. Deep belly breaths calm the nervous system and switch off the fight/flight response.



Food – Breakfast is critical to maintain brain health and focus. Protein is best. Consider an egg, peanut butter, baked beans, hommus or cheese on wholegrain toast. Having boiled eggs in the fridge ready to go saves time. Reducing coffee, alcohol and sugar is also helpful.

Work Environment – Noise cancelling headphones or 'loop' earplugs can help to filter out excess background noise and enhance focus. Click here to find out more about Loop. <https://shorturl.at/r65Bh>. Open plan workspaces are not ideal, but reducing noise helps focus. Make sure to have sufficient space and light if working from home.



Supplements – **Magnesium** calms the nervous system and supports sleep. **GABA** optimises brain function and reduces excess stimulation. **L-Theanine** eases stress and improves cognitive function. **Iron** is also helpful for ADHD. Speak with your GP if you are taking other medication.

Activity – Getting out in the sunshine every day gives us an essential dose of Vitamin D and regulates melatonin which helps us to sleep. It will also support mood and health. If motivation is a factor call a friend and use 'body doubling' to help with accountability.



Working out indoors increases dopamine and supports physical and mental health. Walking, swimming, yoga or Pilates will help to wind the brain down.

Music – Music helps to soothe our emotions - if we are feeling excited it is calming, or we can use it to psych and motivate us for low dopamine tasks like household chores, cooking or tackling paperwork. Lyrics are closely attached to emotions, and we are big feelers, so for focus try a Hertz track, white noise or classical music.



Social Connection – Meeting up one-on-one more manageable than large groups. Socialising with overlapping conversations, competing noises and small talk can be exhausting. Small groups allow for more meaningful conversations and less anxiety.

Sensory Home – ADHD'ers can be hypersensitive to lighting, noise, smells, textures and taste. Curate your home to ensure it is a place where you can retreat and recalibrate. Include scented candles, incense or room spays, soft furnishings, artwork, lamps and a soothing colour palette. Use storage solutions to remove clutter.

Recovery Time – After intense work, social events, deadlines, and planning, if we are not careful, we can burnout. Schedule regular breaks to avoid overworking, and book holidays. If you are in the caring industry or a caretaker in your own home, make sure you take time for sufficient self-care. Book a massage, reiki or acupuncture, nap, meditate, consciously make time to breathe and slow your pace.

