

SUNDAY MORNING Health Corner

Attention Deficit/Hyperactivity Disorder (ADHD) Awareness Month

ADHD Affects Adults Too!

People tend to associate ADHD with children. In fact, ADHD, affects at least three percent of all adults.

Symptoms:

- You're Easily Distracted

People with **ADHD** often have trouble focusing, which can affect how well they pay attention during conversations, how well they perform tasks, and whether they retain details.

- You Have Trouble With Relationships

ADHD can come with certain issues such as talking over others in a conversation, not paying attention to others, and getting bored easily.

- You Can't Find Motivation

Your lack of motivation can mean that you don't start the tasks you need to.

- You're Disorganized

It can be hard to prioritize your tasks in a logical way or keep track of what you've already done.

For More Resources & Information Visit

BlackDoctor.org



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