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**It's Okay to Put Yourself First Sometimes: Developing Self-Care**

Self-care is more than an indulgent respite. [It's routines that help you manage daily life when you have ADHD.](#)

**Q&A: How Can I Simplify Gift-Giving?**

**Q:** We'd like to simplify our holidays. How can we cut back on gift-giving and still make this a special time?

**A:** By shifting the focus from gift-giving to spending valuable time



together, [you can regain some of the magic of the holidays.](#)

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## Ask the NRC Podcast

How to Manage Family Holiday Stress  
Featuring Psychologist Ari Tuckman, PsyD, MBA

Listen Now

The holiday season can be overwhelming for anyone, but even more so if you have ADHD. Don't despair! Dr. Ari Tuckman will help keep you from pulling out your hair.

Spend just eight minutes with us and you will learn tips to relieve your stress and help you appreciate the meaning this season has for your family.

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# ADHD *in the News*

- Older Sibling With Autism or ADHD Raises Risk for Younger Children
- ADHD prescriptions are going up, but that doesn't mean we're over-medicating
- There May Be A Link Between Mom's Postpartum Depression & ADHD In Kids, Study Says
- Avoiding Tasks and ADHD
- Air Force Admits Nearly 2,000 Airmen Under Medical Waiver Policy
- How Cisco's Former CEO Turned A Secret 'Disability' Into His Greatest Strength

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

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# ADHD Moment



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