



Life of a Teenager with ADHD

Coping **WITHOUT** Mechanisms and Treatment

Aubrey wakes up after not sleeping well. Her alarm goes off for 15 minutes before her mother comes into her room to wake her up.

Feeling Tired

7:15 AM

Aubrey forgets her gym shorts as she runs out the door to catch the bus. She doesn't realize this until she gets on the bus.

Feeling Anxious

7:20 AM

Aubrey has PE in the morning, but because she forgot her shorts she can't participate.

Feeling Frustrated and Disconnected

9:15 AM

Aubrey eats lunch with her friends. However, she is distracted trying to finish her math homework.

Feeling Distracted and Pushed

1:00 PM

Aubrey doesn't pay attention during math class because she is too worried about how she did on a recent test to concentrate.

Feeling Anxious and Distracted

1:30 PM

Aubrey can't stay afterschool for her club meeting because her parents grounded her for bad grades. She sees her friends posting their good grades on Social Media and can't focus on her homework.

Feeling Left Out and Depressed

3:00 PM

Feeling Exhausted

9:00 PM

Aubrey is still working on her homework. She drinks coffee to concentrate, even though that won't help her sleep.

Feeling Anxious

12:00 AM

Coping **WITH** Mechanisms and Treatment

Kristen wakes up on time using her light alarm. She enjoys talking with her mom over breakfast, telling about her yearbook club meeting in the afternoon.

Feeling Awake

6:30 AM

Kristen's alarm goes off on her phone reminding her it's time to leave to go catch the bus. All her school supplies are laid out beside the door from the night before.

Feeling Ready

7:15 AM

Kristen remembers her gym clothes by putting them in her backpack before she went to bed. The exercise in PE is good for her and helps manage symptoms. Kristen does well in PE and is alert for her following classes.

Feeling Confident

9:15 AM

Kristen eats lunch with her friends and is able to focus on the conversation because she finished her homework the night before.

Feeling Focused

1:00 PM

Kristen finds out she didn't do well on her math test. She stays after to talk to her teacher to find out what she needs to do to pass the class.

Feeling Determined

1:30 PM

Kristen stays after school to work on the yearbook, where she is able to socialize with others.

Feeling Excited

3:00 PM

Kristen starts her homework using modified assignments according to her IEP. She starts with a list she made of her assignments.

Feeling Organized

4:30 PM

Feeling Relaxed and Accomplished

9:00 PM

Kristen is able to fall asleep using meditation techniques she learned for good sleep hygiene.

Feeling Relaxed

10:00 PM



4601 Presidents Drive, Suite 300
Lanham, MD 20706
800-233-4050
www.chadd.org/nrc

This infographic is supported by the Cooperative Agreement Number NU38DD0053756 from the Centers for Disease Control and Prevention (CDC). The contents are solely the responsibility of the authors and do not necessarily represent the official views of CDC.