FACT SHEET
COPING WITH CHANGE
Tips for Adults with ADHD
www.chadd.org

OVERVIEW
Adults with ADHD often find change and transitions even more challenging than usual. Whether the change is small, such as changing a daily schedule, or major – such as moving to a new city, starting a new job, or coping with divorce – adults with ADHD benefit from learning strategies to prepare for transitions and cope when they occur. ADHD coaches help people with ADHD prepare for or adjust to changes large and small. They assist clients in learning how to approach practical activities of daily life in an organized, goal-oriented, and timely fashion, and they help clients initiate or cope with changes in their daily lives.

COMMON OBSTACLES
- Managing overwhelm
- Setting and managing expectations
- The “what if’s”

MANAGE CHANGE
1. Manage expectations
   - Identify the constants to find consistency through the change. This can help you to maintain some sense of calm.
   - Ask yourself, even though there might be a big change, what are some things in my life that won’t change?
   - Identify where you can modify
     - For example: after a move, I won’t be able to go to coffee with my friend three times per week, but we can schedule a Zoom call
   - Identify the gaps
     - For example: after a move, I will need to find a new gym

2. Flip the script on the “What if” game
   - Practice catching yourself when you play the ‘what if’ game, flip the script and say “What if it all works out?”

3. Motivation in a bottle
   - Stay inspired by compiling resources such as playlists, mood boards, or other media to rekindle motivation

FINDING THE RIGHT ADHD COACH
- Evaluate qualifications
  - Coaches should have ADHD-specific coaching training
  - Check adhdcoaches.org
- Determine your goals
- Consider the coach’s niche
- Interview the coach to see if they’re a good fit for your needs and personality

Scan here for chadd.org
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