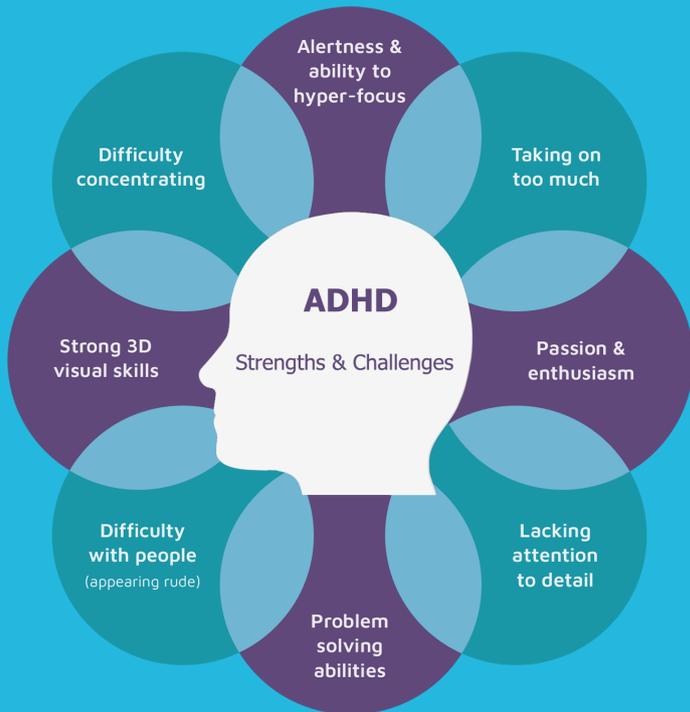


ADHD Awareness Month



1st October-30th October marks ADHD Awareness Month with the aim being to share vital information about ADHD and raise awareness for both children and adults around the globe.

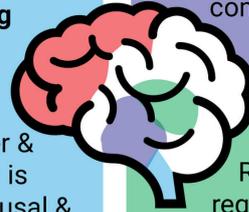


How ADHD Affects The Brain

Prefrontal Cortex: Responsible for organization, cognitive flexibility, self-control, & maintaining attention.

Basal Ganglia: Helps regulate communication within the brain. Responsible for motor control, facilitating movement, and inhibiting competing movements.

Reticular Activating System: Major relay system among the many pathways that enter & leave the brain that is responsible for arousal & consciousness. A deficiency in this region can cause inattention, impulsivity, or hyperactivity.



Limbic System: Responsible for regulating emotions. A deficiency in this region might result in restlessness, inattention, or emotional volatility.



Brains with ADHD work differently, but not all of these differences are bad.

ADHD helps with divergent thinking and creativity that delivers real world achievements.



Research shows that ADHD attributes include high energy, creativity, hyperfocus, agreeableness, empathy, and a willingness to help others.

When people are passionate about a goal, their ADHD energy drives performance and productivity.



Successful people with ADHD often succeed because the positive traits of their ADHD help them flourish.



Do you know who these famous people with ADHD are?