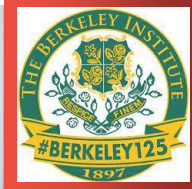


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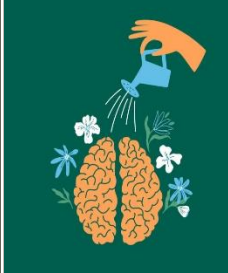


February 2024 issue:

- Attention Deficit Hyperactivity Disorder (ADHD)
- Supporting youth with ADHD
- Local community mental health resources

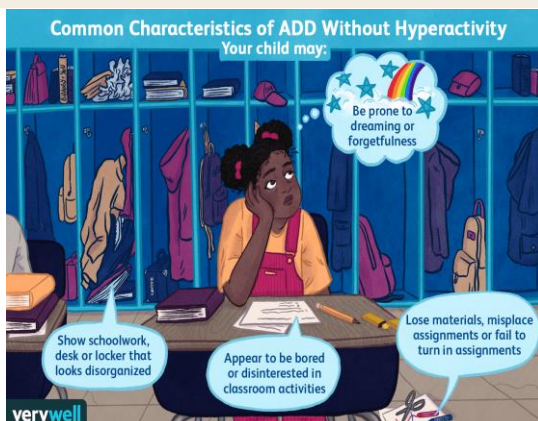
A monthly newsletter for Berkeley Institute parents promoting Wellness & Mental Health

Healthy Mind



Supporting young people with ADHD

- Make sure your child has daily structure and routine. They should be eating a healthy diet and sleeping at the same time every day.
- Encourage consistent organization at home and at school. Download the apps "Home Routine" and "Routinist", which are excellent for task organization.
- Encourage your child to do physical exercise at least 3-4 times a week to release stress.
- Have your child practice relaxation techniques like a 1 minute body scan or a deep breathing exercise to calm the body.
- Tailor your child's environment to make it conducive for doing school work. Minimize distractions and excessive noise.
- Contact your child's medical doctor or a professional therapist who can offer support about ADHD.



Attention Deficit Hyperactivity Disorder

Attention Deficit Hyperactivity Disorder - (ADHD for short) – is characterized by constant impulsivity and challenges with attention and focus. It is seen in boys and girls as well as in adults; however, ADHD appears to be diagnosed less in girls as their symptoms present differently (Miller, 2019). Approximately 6.4 million children in the U.S. are diagnosed with ADHD each year, and it also affects 13 million American adults (Miller, 2019). Having it does not mean that a person cannot be successful. On the contrary, children, teens, and adults can thrive academically and lead a productive and fulfilling life. There are 7 types of Attention Deficit Disorders, and general symptoms include difficulty focusing, concentrating, and finishing tasks, difficulty listening, becoming easily distracted, impulsivity, interrupting others, excessive talking, and disorganization. In addition, individuals with ADHD may not easily pick up on social cues, so may not be aware of their challenges. There are a few ways to manage ADHD.

First and foremost, symptoms of can be controlled simply by developing a solid structure and routine on a daily basis, as it helps people focus on one thing at a time rather than multiple tasks at once. Setting aside time for meals, work, exercise, and relaxation each day assists in follow through. Get your child into the habit of writing down homework and test dates in a notebook or agenda and setting alarms for reminders. Living a healthy lifestyle is also essential with ADHD. Without a healthy diet, exercise, and an adequate amount of sleep, symptoms will spiral out of control. Encourage your child to find an enjoyable form of exercise. Even a 30-minute walk can be very

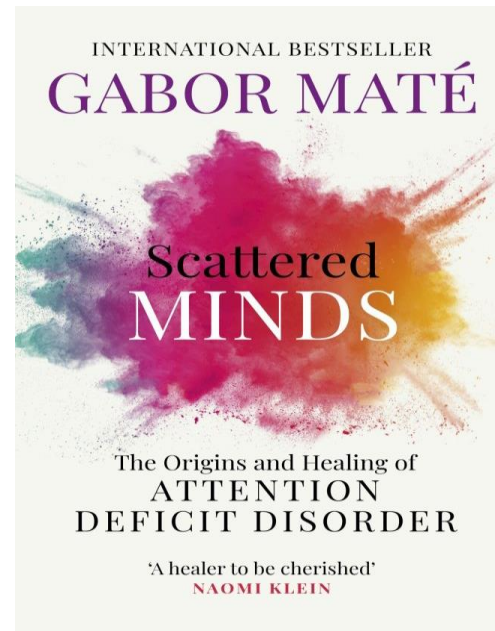
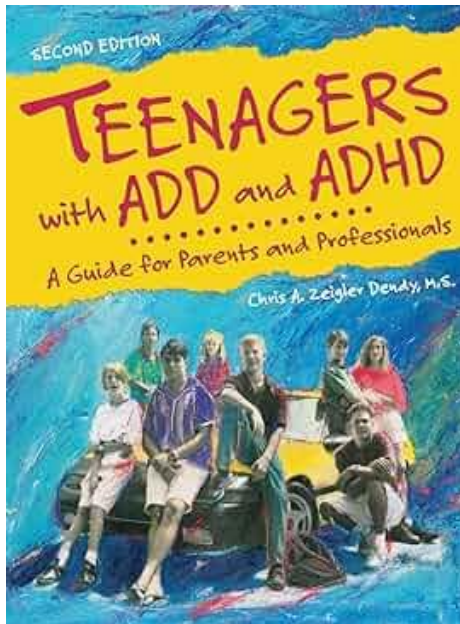
beneficial for the body. Sports are also a good way to let out any pent up energy and connect with others. When it comes to sleep, your child should aim to get 8-9 hours of sleep a night, and it is advisable to have a consistent sleep routine, even on the weekends. Research suggests that a diet high in protein and low in sugar can help ADHD symptoms (Miller, 2019). Minimize distractions for your child while he or she is doing homework or studying, by ensuring that the TV and phone are turned off. However, your child may work well with soft music playing. Lastly, make sure your child is keeping his or her bedroom and other spaces tidy at home.

Reference:

Miller, Helene, A. (2019 January 25). Identifying & Treating the 7 Types of ADHD. Retrieved from <https://familypsychnj.com/2019/01/identifying-and-treating-the-seven-types-of-add-adhd/>

What community & online resources can I use to help my child with ADHD?

- ❖ **The Family Center** – Free mental health programs, individual therapy, groups for youth, & family counseling. Website: www.tfc.bm Call 232-1116 or e-mail: info@tfc.bm
- ❖ **Employee Assistance Program** (for government employees) - Free individual counseling for students and their families www.eap.bm Call 292-9000
- ❖ **Child and Adolescent Services** – Comprehensive assessments and free mental health services for children and teens with clinical mental health challenges. Call 239-6344.
- ❖ **Soham Yoga** – Teen yoga classes (ages 14-18) after school at The Bermuda Society of Arts, City Hall. Each session is taught by youth yoga instructor Tiffany Paynter and involves dialogue, movement, journaling, breathing techniques, and meditation to help teens with emotional regulation, resilience, and a positive mindset. Website: <https://www.wearsoham.com/> Call: 737-1311 or email: connect@tiffanypaynter.com
- ❖ **Free mindfulness apps:** Google “Shining Mind”, “Insight Timer”, or “Mindfulness Coach” to download the app onto a smartphone. There are hundreds of meditations and breathing exercises.
- ❖ **Apps for organization: “Home Routines” and “Routinist”** – Helps in reaching goals and gives reminders for daily tasks and household chores. **Books:** (see the 2 recommended ones below).



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