



Accept—**don't reject**
Greetings
from the
Attention Deficit
& Hyperactivity
Support Group of
Southern Africa

ADHASA

Helping the community
for  21 years!

This article
targets people with
ADHD but
this information
could help other
people too.

Please make
this newsletter
available to anyone
who could use it.

**INSIDE THIS
ISSUE:**

- Self-Management Tips .1
- Food Cravings1
- Time for Teenagers2
- 2010 ADHASA events...2

*Terminology may
cause confusion.
ADHD is the term we
use to denote
Attention Deficit
Disorder with or
without hyperactivity.*

Keeping up with ADD

July-August 2010

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Weekday mornings 08h00 to 13h00

2125

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Tips for teenagers with ADHD

SELF-MANAGEMENT STRATEGIES: TIPS FOR TEENAGERS WITH ADHD

- Establish routines for completing tasks. For example, dedicate a regular time for homework.
- Make frequent use of reminders, lists and notes to self. File work carefully.
- Write your regular appointments in ahead of time.
- Set up a comfortable environment in which to study.
- Failure and success are both part of life. Accept that success does not always come first time round. Be aware of the fear of success.
- Embrace challenges.
- Break down large tasks into small ones. Attach deadlines to the small parts and strive to meet them.
- Prioritise rather than procrastinate. Keep a clear perspective on what needs to be done.
- Notice how and where you work best: in a noisy room, in the car, wrapped in three blankets, listening to music. Let yourself work under whatever conditions are best for you.
- It is OK to do two things at once.
- Do what you are good at. If it seems easy, that is fine. There is no rule that says you cannot do what you are good at.



- Leave time between tasks to gather your thoughts. Transitions are difficult for people with ADHD, and mini breaks can help ease the transition.
- Keep a notepad with you to write down important things.
- If you have a cell phone, use it to remind yourself of appointments and due dates of assignments.
- Read with a pen in hand, to note down thoughts.
- Allow yourself to be the person you really are.



Carina van Vuuren
Coach

FOOD CRAVINGS

In our Jan Feb 2010 edition we explained that when you find yourself craving certain foods, it could mean allergies; but more often nature is telling you that you are not getting enough of certain vitamins and minerals.



Apples - An apple a day does not necessarily keep the doctor away, but it offers a lot of good things that you might be missing in other foods - calcium, magnesium, phosphorous, potassium - and is an excellent source of cholesterol-lowering pectin. If you have a tendency to eat a lot of saturated fat, it could account for your apple craving.

Cola - The craving for cola is most often a sugar and an addiction to caffeine. The beverage has no nutritional value.



Nuts - Craving for nuts may mean you probably could use more protein, B vitamins, or fat in your diet. If it's salted nuts you could be craving the sodium and not the nuts.



Ice Cream - High as ice cream is in calcium, most people crave it for its sugar content.



Pickles - Probably craving the salt content.

Bacon - Cravings for bacon are usually because of its fat. If you indulge in bacon be sure you are ingesting enough vitamin C, A, D and E to counteract the nitrates.

Eggs - Aside from protein, Sulphur, amino acids and selenium, egg lovers might also be seeking the **yolk's fat content or**, paradoxically, its cholesterol- and fat-dissolving choline.



Earl Mindell : THE VITAMIN BIBLE, Guild Publishing, London. p129.

Thanks to ADHD Coach Lorí Lea for putting this edition of Keeping Up with ADD for us. Contact Lorí (072-606-3080/ Lori@MindFocus.co.za), if you are serious about coaching. [Instant ADD Success](#) (click for "Self Improvement for People with ADD/ADHD.")



Time for Teenagers

It's time we give some info for our teenagers and in this edition we have organizing tips and self management strategies to make their lives more comfortable.

This information was extracted from a chapter entitled "Coaching for Teenagers with ADHD" extracted from our resource book "Teaching and ADHD".

The book contains further info for teenage learners, including exam concessions. Contact National Office 011-888-7655

2010 ADHASA events

PARENTS SEMINAR

Empowering parents is vital! Get rid of those feelings of helplessness as you run from pillar to post trying to help your child.

Change all of that by spending just one day with us at the ADHASA Parents Seminar where we'll spend the day focusing on your needs. There will be information about the holistic approach, homeopathy and medication and much, much more. Gain greater insight whichever major treatment route you are considering or have taken.

Date: 31 July 2010
Venue: Delta Park School
Investment: Only R450 /person, includes lunch and refreshments. *Click here for the [programme](#) and here for the [registration form](#) and help to make this the best conference ever for our parents!*



We thank ADDvance for their generous sponsorship of our Food List.



The following supplement has been endorsed by ADHASA:

Creche Guard Brain Fuel "Omega-3 Chews"



If you would like to assist by sponsoring someone to attend, please **contact Lynne at National Office 011-888-7655.**

Awareness Day 14th September

This is going to be a week of activity in the world of ADHD - see the website and watch your email for further information about it!!

