

# Visible

What you might see

This is not an exhaustive list

# ADHD

- Hyperactive
- Lack of focus
- Losing things
- Excessive talking
- Fidgeting
- Interrupting
- Easily distracted
- Impulsive
- Impatient

# OCTOBER ADHD AWARENESS MONTH

# Hidden

- Guilt
- Low self-esteem
- Depression
- Hyperfocus
- Anxiety
- Intrusive thoughts
- Emotional dysregulation
- Mood shifts
- Choice paralysis
- Executive dysfunction
- Sleep issues
- Racing thoughts
- Sensory sensitivity
- Sensitive to criticism
- Shame
- Memory issues
- Lack of motivation
- Procrastination
- Overwhelm