



EVERY DAY WITH ADHD

Celebrate Abiding
disabilities

How to Handle Stress

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Parents or carers of a child with ADHD seem to live on their nerves, on the edge, in a heightened state of angst. The mind is all but totally consumed with the child with ADHD and what will happen next. Living each day in this anxious state does not give much opportunity for rational thought processes.

If you could decrease stress and anxiety levels maybe you could begin to view events in a different light. You would also feel much healthier in mind and body. You are very important- who else would do your job?

If you have not read the secrets to reducing stress in the book yet, then try a few of these suggestions.

- Jam tiny marshmallows up your nose and try to sneeze them out.
- Use your Mastercard to pay your Visa bills
- Pop some popcorn without putting the lid on.
- When somebody says "Have a nice day" tell them you have other plans.
- Find out what a frog in a blender really looks like.
- Make a list of things you have already done.
- Dance naked in front of your pets.
- Put your toddlers clothes on backwards and send him off to pre – school as if nothing was wrong
- Thumb through National Geographic and draw underwear on the natives.
- Go shopping, buy everything, sweat in it, return it the next day.
- Drive to work in reverse.
- Read the dictionary backwards and look for subliminal messages.
- Start a nasty rumour and see if you recognise it when it gets back to you.
- Bill your doctor for the time you spend in his waiting room.
- Get a box of condoms, wait in line at the checkout and ask the cashier where the fitting rooms are.....