

10 Things you might do if you have ADHD

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Across

1	Seek boosts of this brain chemical to stimulate energy and motivation.
3	Hide your mental turmoil or overwhelm by wearing a ___ on your face.
5	Find yourself in a mental state that feels sluggish. (A common <u>2 word</u> phrase that means trouble with thinking clearly.)
7	Regulate your nervous system through repetitive sounds or actions such as humming, hair twirling, doodling, and leg-bouncing. What is the shortened, more common word for this self-stimulatory action?
9	Start working on a project or cleaning at night due to a big blast of late night ___.
11	Say something while another person is talking, so you don't forget your thought.

Down

2	Put off a task until the last minute.
4	Rub your feet together – a behaviour named for the insects mistakenly thought to rub their legs together.
6	Feel more comfortable in spaces that have a lot of ___ instead of being tidy and organized.
8	Use squishy balls, spinners, and sensory cubes, collectively known as ___.
10	Feel uncomfortable in complete silence and prefer to have background ___.

