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ADHD Red Flags: Recognizing Symptoms and Taking Action

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Attention deficit hyperactivity disorder is a common condition in children, and if it is not managed correctly, it continues into adulthood. The symptoms of ADHD can interfere with school, work, and a social life. There are certain red flags that indicate individuals may have ADHD, and if they do, it is important to take action right away, such as taking **over the counter ADHD medication**, to prevent it from getting worse.

Difficulty Maintaining Attention

There are two main types of ADHD: inattentiveness and impulsivity/hyperactivity, and some people have a combination.

Traits of inattentive ADHD may include:

- Difficulty focusing
- Inattention to detail
- Easily distracted
- Frequently losing things
- Disorganization
- Not following instructions
- Forgetting things
- Avoiding tasks that require focus
- Inability to complete tasks

For children and teenagers to be diagnosed with ADHD, they must display at least six of these traits, and adults need to display five.

Hyperactivity and Restlessness

For those with impulsivity/hyperactivity attention deficit hyperactivity disorder, restlessness and scattered energy are common. These may show up in various ways, such as:

- Squirming or fidgeting when seated
- Running around when they are supposed to be seated
- Inability to stay seated
- Talking too much
- Inability to patiently wait their turn

- Constant feeling of restlessness
- Frequent interrupting

Because it is not uncommon for young children to exhibit some of these traits, it can be more difficult to diagnose [ADHD in 6 year olds](#). This is a major transition time for them, as they start school, increase their independence, and become more of a big kid. If children display these symptoms sporadically or for a short time, it should not be too concerning. However, if they remain for a longer period of time, ADHD may be a possibility.

Impulsivity

Some things to look out for with impulsivity include making decisions in the spur of the moment, speaking or acting before thinking, lack of patience, and difficulty making plans for long-term goals. Risky decisions and self-destructive behaviors are additional traits.

How To Manage ADHD Symptoms

There is no cure for attention deficit hyperactivity disorder, but there is a variety of things that help manage symptoms. Medication is a common go-to. Some common types of prescription drugs for ADHD include antidepressants, stimulants, and non-stimulants. However, these often cause side effects, and some can be dangerous, especially for younger individuals.

As an alternative, more people are reaching for [over the counter ADHD medication](#) that do not result in unwanted side effects or are addictive. Homeopathic remedies, such as Brillia, are made with natural ingredients that are designed to work directly with the body to reduce inattention and hyperactivity, and yet are safe for both children and adults.

Therapy is another common management method. Behavioral and cognitive behavioral therapies are the most common types for ADHD. However, parenting skills training, family therapy, and support groups may also be helpful. Many people also find that combining therapy with medication use (either prescription or homeopathic) is the most effective.

Untreated ADHD can have a significant effect on quality of life. If you notice the ADHD red flags, you can take action to manage the symptoms.

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