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ADHD is usually associated with hyperactive children who can't quit bouncing off walls, but it affects more than just children. It is not uncommon for ADHD to be misdiagnosed, or even ignored altogether in adults, as some symptoms can be attributed to other common issues such as stress at work. According to the CDC, ADHD presents itself in one of three ways: predominantly inattentive, hyperactive/impulsive, or put together. Here are 10 signs you might have of adult ADHD. 1. The inability to pay attention to the struggle to pay attention to work is a sign of adult ADHD. | iStock.com many people find it difficult to concentrate every now and then, but if you are constantly struggling with staying alert, you may have ADHD. It's no wonder that a constant lack of attention, disregard for detail, and failure to perform with projects or tasks will all negatively affect your life. From daily chores at work to expectations in personal relationships, ADHD, when undiagnosed, often puts a strain on several areas of a person's life. 2. Often losing things Adults with ADHD can be quite disorganized. | iStock.com Car Keys is one thing, but constantly losing items, both indirect and important, beyond annoying. In addition to the uncomfortable and frustrating irritation, forgetting details about where you left something may be a sign that you have predominantly inattentive ADHD, according to the National ADHD Resource. 3. Hyperfocus Can you focus on just one thing at a time? iStock.com/gpointstudio It may seem counterintuitive that a person with ADHD will be hyper-focused, but this can sometimes be the case. What makes this type of attention negative, however, is that someone can become so absorbed in one thing, they completely ignore everything else around them. As mentioned in the Healthline article, being so focused can make it easy to lose track of time, ignore the people around you, and cause relationship misunderstandings. 4. Constantly fidget failing to be able to hold yet may be a sign of adult ADHD. | iStock.com If a person has hyperactive/impulsive ADHD, it is likely they will not be able to sit still for long periods of time. Pressing your hands or feet, wriggling, sitting, and moving around at the wrong time is all common. As the APA says, it's typical to deal with quietly completing leisurely tasks or activities, and someone with ADHD can constantly feel as if they're on the go. 5. Always interrupting others is difficult for you to wait your turn? iStock.com no one appreciates those who can't keep their mouth shut, but a person with ADHD can find it hard to wait their turn. According to the National ADHD Resource, blur in the middle of a conversation, or at the wrong time, is a sign of ADHD. Adults can be signals, but for some people with ADHD, recognizing and observing social norms may be out of their reach. 6. Failure to follow the instructions following instructions is one of your least favorite things to do. iStock.com As part of the inability to pay attention, it is possible that a person with ADHD will miss or ignore even the most basic instructions. According to the CDC, a person may not perform their duties at work because of this. Having through is important, it's easy to get distracted can definitely throw a person away from his or her game. 7. Avoiding tasks that require mental effort Just going through the movements more of your stuff. | iStock.com By the time you're an adult, you know, doing something you don't want to do is just part of life. While it may be normal for children to avoid doing their homework, adults need to realize certain aspects of their professional lives require critical thinking. Are you absolutely afraid of tasks that require a lot of mental effort over a long period of time? Well, if you think it's a huge burden, you may have adult ADHD. 8. Difficulty listening when spoken if you constantly dream while others say you may have ADHD. | iStock.com/Poike according to the APA, people with ADHD sometimes seem to be elsewhere, even when someone is talking to them. Whether they dream or simply don't fully digest what they're talking about, it's a red flag. Obviously, this can be a problem in terms of tasks. Are you really just ignoring the instructions, or did you miss them at all? It can also lead to trouble with a romantic relationship because your partner may think that you are intentionally ignoring them. 9. Changing jobs often No job has been able to satisfy you quite yet. | iStock.com person with ADHD who has yet to be diagnosed may have a history of bouncing from one job to another. This should not be confused, however, with someone who just kept moving up in their career. According to the National Resource for ADHD, an adult with ADHD may experience inconsistent performance or find themselves either quitting or losing their job on a regular basis. An adult who has struggled to hold on to work for no good reason to explain it may want to turn to a professional. 10. Symptoms existed in childhood Signs may have been around since you were a child. | iStock.com Even if a person is not diagnosed for the rest of his life, ADHD may not suddenly develop in adulthood - symptoms must be present in childhood. To be specific, the CDC says they had to exist at age 12. That's not to say that a person should have recognized them when they were a child, but it definitely requires some reflection, determine whether a diagnosis of ADHD is feasible. This is not an exhaustive list adult ADHD, so it is important to seek medical attention if you suspect that you may have the condition. Once again, it's time to hear from our friend Skye. If you remember, Skye is a high school teacher who has been tailoring classroom routines and lessons to his students for years. Tuesday Teacher Tips for ADD/ADHD Redirect Student Important: The opinions and opinions expressed in this article are those of the author, not Everyday Health. We include products that we find useful for our readers. If you buy by links on this page, we can earn a small commission. That's our process. Attention Deficit Hyperactivity Disorder, or ADHD, is a neurodevelopment disorder that can make things like concentration, organization, and impulse control difficult to manage. It is not always easy to diagnose ADHD, and there are many misconceptions about the condition. But there are people who are actively working to change the perception about ADHD. We chose the best video of the year ADHD based on their commitment to learning, inspiring, and empowering viewers about this condition. In this 15-minute video, YouTuber Eli Murphy uses a mixture of animation and his personal stories. He shows how ADHD and the judgments of ADHD surrounding him have affected his life - for better or for worse - and why he thinks ADHD is not all that different from what is considered normal. This episode from the popular TV series SciShow Psych helps break the misconception that only boys get ADHD. It also discusses how it can be dangerous to both physically and mentally neglect the lives and behaviors of women and girls with ADHD because of the social expectations that each of these sexes is expected to live up to. This masterfully edited, deliberately low-budget 6-minute video from YouTuber Stacey Michelle takes a quick, comic approach to the challenges of being black and with ADHD. It focuses on positive identity intersections as well as being real about the obstacles you may face. This 25-minute video from the popular ADHD channel How ADHD helps highlight the different cross-living experiences of people with ADHD and how being black can have a big impact on how others - and how even you - perceive your ADHD struggles as well as your relationships with others inside and outside your family. Check them out on Facebook. This 6-minute educational video from prominent psychiatrist Tracy Marks uses science schemes to help you understand how you see yourself as someone with ADHD, so you can make a connection between your behavior and your actual internal experience with ADHD. Check it out on Instagram. This 30-minute video from Aspie World will help give you a practical guide on how you can structure your day and live your life as you imagine it in case you feel disorganized and By the way, that your mind works with autism or ADHD. Check out more on Instagram. This 10-minute video doesn't pull any punches. Being a black woman with ADHD becomes real about how living experiences with ADHD can be dramatically different - and often wrong - for black women than what is commonly diagnosed for people of other races and genders. This is a 6-minute video from How ADHD covers how you can cope with boredom, how you deal with the common symptoms of ADHD around the lack of ability to focus and how to channel your energy when and where you want it. Check out more on Facebook. This video gives you 10 life hacks in less than 6 minutes to make your life a little easier in case you forget or lose focus on something important like car keys or phone. Check out more on Instagram. Working out of the house can be incredibly challenging (but for now, absolutely necessary in some cases) if you have ADHD. But as ADHD gives you some tips to make sure you stay focused and productive if you don't have the usual structures around you to motivate you at work. Find out more on their Facebook page. ASMR can be useful for many things, and ADHD is one of them. This 22-minute quick whisper video from Liv Unbound can help you relax and regain your attention if you're having difficulty, whether you have ADHD, have an overactive mind, or have a lot on your to-do list. Check out more on Instagram. If you want to assign a video to this list, email us nominations@healthline.com. nominations@healthline.com.

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