**WAYS TO IMPROVE SYMPTOMS OF ADHD**

***Whether or not you are managing with medication!***

Exercise

 “Green therapy” aka getting outside

Yoga

Martial Arts

Tai Chi

Mindfulness Meditation Training (MMT)

Creative Visualization

Physical Body Work (e.g., massage, acupuncture combined with counseling)

Good sleep hygiene

* Shut off electronics one hour prior to going to sleep
* Same bedtime and wake time
* Dark room
* White or brown noise in background

Over-the-Counter Supplements (talk to your medical professional first)