

NewsLetter

September 2025



Did You Know It's...

National ADHD Awareness Month!

Each October, communities across the country come together to recognize National ADHD Awareness Month. This month is dedicated to increasing understanding of Attention-Deficit/Hyperactivity Disorder (ADHD), reducing stigma, and empowering individuals and families affected by it.

ADHD is one of the most common neurodevelopmental conditions, affecting children, teens, and adults alike. While many people associate ADHD with hyperactivity or distraction, the reality is more complex. It can impact executive functioning, time management, relationships, work, and school performance. Raising awareness helps combat misconceptions and ensures those with ADHD receive compassion, support, and access to resources.

At Cognitive Solutions LLC, we are committed to supporting individuals with ADHD and their families every step of the way. Our team provides comprehensive evaluations, individualized therapy, and executive function coaching designed to help clients better understand their strengths and challenges. By combining clinical expertise with compassionate care, we strive to empower our clients to thrive in school, work, and daily life. If you or someone you love may benefit from support, we are here to help.

ADHD Insights

- ADHD affects nearly 10 million adults in the U.S.
- Symptoms often appear in childhood but can continue into adulthood.
- Many with ADHD also have unique strengths, such as creativity, problem-solving, and resilience.

Tips for Managing ADHD

- Break tasks into smaller steps.
- Use planners, reminders, or digital tools to stay organized.
- Incorporate movement breaks into your day.
- Practice self-compassion because progress matters more than perfection.

Myth vs. Facts

- **Myth:** "ADHD is just about being hyper."
- **Fact:** ADHD affects focus, organization, and emotions, not just energy levels.
- **Myth:** "ADHD only affects kids."
- **Fact:** Many adults live with ADHD too.