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Address Holiday Stress By Choosing What's Important To You

Holiday stress is not your ordinary day-to-day stress. ADHD symptoms can make it worse. By putting what's important to you first, you can [manage both symptoms and stress to create the holiday you want.](#)

In This Together: When Mothers and Daughters Have ADHD

Every mother of a middle-school daughter has the moment of frustration: *She's just like me!* [But what about when you realize you both have ADHD?](#)



Ask the Expert Highlight

Tips for Creating a Peaceful Household When Mom has ADHD

Featuring Terry Matlen, ACSW

Watch Now

Did you know that more than four million women in the United States have ADHD?

Many of them are mothers, or are raising children. Almost all of them feel like they are struggling to “keep up” with their homes, their careers, and their families’ lives and needs. And during the holidays, so much preparation seems to become their responsibility. Does this sound like you?

Terry Matlen, ACSW, has developed practical tips to create a calmer home for your family while still meeting your needs. Watch now for her tips to create a more peaceful home for you and your family.



- [Do people with ADHD make better entrepreneurs?](#)
- [Is Fibromyalgia Misdiagnosed as ADHD in Young People?](#)
- [ADHD Diagnostic Criteria Rewritten by People Who Don't "Believe" in ADHD](#)
- [How to Pick the Perfect ADHD Coach](#)
- [3 solutions for kids with ADHD who struggle with math](#)
- [How a personality trait puts you at risk for cybercrime](#)

Read these and other articles in the [ADHD in the News weekly digest](#).

Did You Know?

To celebrate the winter solstice, the Vancouver, British Columbia, Secret Lantern Society hosts a lantern parade. Parade-goers can wind their way through a maze of more than 600 candles, encouraging them to let go of old thoughts and to seek new possibilities for the coming year.

We wish you a happy holiday season and a joyful New Year.
Our next issue of *ADHD Weekly* will be January 3, 2019.

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