Plan and Shop for Your Family's Pantry

Adults with ADHD often find meal planning difficult. Creating a functional pantry can help simplify meal prep and still allow for impulsive baking.

New Options for ADHD Treatment During COVID-19

The federal emergency declaration for COVID-19 includes a relaxing of telemedicine regulations. That means you can meet with your healthcare provider by video chat to manage your ADHD symptoms.
If you’re struggling emotionally over the global pandemic, you are not alone. We talked with Dr. Craig B. Surman, who offers calming tips and a guided meditation adapted for those with busy minds.

Craig B. Surman, MD, is an assistant professor of psychiatry at Harvard Medical School. He is the scientific coordinator of the adult ADHD research program at Massachusetts General Hospital.
• Study Looks at Everyday Experiences of ADHDers Over 50
• Effects of childhood and adult persistent attention-deficit/hyperactivity disorder on risk of motor vehicle crashes: results from the multimodal treatment study of children with attention-deficit/hyperactivity disorder
• ADHD and Screen Time During the Quarantine
• Nourishing Nutrition: ADHD and Nutrition — Is There a Link?
• For those with ADHD, social distancing presents both major challenges and opportunities
• What Is ‘Time Blindness’ and Do You Have It?
• Efficacy and safety of guanfacine extended-release in the treatment of attention-deficit/hyperactivity disorder in adults: Results of a randomized, double-blind, placebo-controlled study
• Meta-analysis reveals shared genetic factors between childhood psychopathology, adult depression
• Telemedicine is not enough

Read these and other articles in the ADHD in the News weekly digest.