

Increase Your Frustration Tolerance

Some ADHD folks can have a short fuse that leads to strong, but usually temporary, reactions. This probably comes out of the way that their brains are wired. However, some of it is also an outgrowth of the greater stress that many ADHD adults feel because of their difficulties with organization, time management, relationship balance, and so on. Medications can be helpful in addressing the brain wiring, so these techniques provide other ways to lengthen that fuse.

- Examine the situations that cause the most distress or that you have the least patience for—is there a better way to do it?
- Try to monitor your frustration level and leave a situation or take a break before you blow. It also helps to think ahead about situations that are likely to test your limits and to have some strategies prepared before going into them.
- To the extent possible, avoid intense situations that are likely to overload you.
- Practice relaxation techniques that can be used in various situations, such as deep breathing, progressive muscular relaxation, and visualization. Your therapist can probably teach you some of these. You can also get more information on these exercises from *The Anxiety & Phobia Workbook* by Edmund Bourne, PhD and published by New Harbinger Publications.
- Exercise regularly, sleep well, eat well, and generally take care of yourself to give yourself a longer fuse.