

Manage Hyperactivity/Motor Restlessness

Fortunately, the most obvious aspects of hyperactivity from childhood will have faded for most adults. However, we also expect adults to be much better able to sit still, so the bar has been raised. The trick is to find more productive, or at least less destructive, ways of managing that excess energy.

- Work in a job that provides or allows a lot of physical movement. When considering a job change, look for a job that allows you to be on your feet, that allows movement from room to room, that calls for frequent interaction with others, or that enables you to travel from one job site to another.
- If your job requires prolonged desk work, take frequent brief breaks that allow movement, like going to the water fountain, delivering mail, and so on.
- Bring your lunch so you can spend the lunch hour walking or exercising without taking the time to buy something. The more sedentary your job, the more important it is to exercise, so do it before or after work if you can't do it during the day.
- Try to avoid jobs with lots of long meetings or sedentary, detailed desk work.