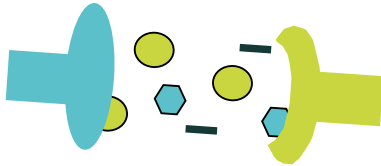


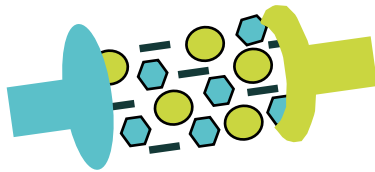
# Differences in ADHD brains



ADHD

## Neurotransmitters

- Dopamine
- Serotonin
- Norepinephrine



Non-ADHD

**Neurotransmitters** are our brains 'messengers'. They enable information to carry to every part of our body which influences everything that we do and feel.

Research suggests that ADHD brains have a lower level of **Dopamine**, **Serotonin** and **Norepinephrine** which results in difficulties with executive functioning skills. ADHD medication works by 'waking up' and regulating production of these neurotransmitters.

# Executive Functioning Skills

Most people use these skills without any thought or effort

- Maintaining and switching attention
- Organising, planning
- Prioritising, choosing
- Time management & time concepts



Jack, aged 14



Jack, aged 14

- Processing speed & working memory
- Monitoring & regulating emotions
- Problem solving & reflection
- Impulse/inhibitory control

**Executive functioning skills** are a set of skills which control our ability to **'get things done'**.

They're necessary for all **'ordinary'** **'everyday'** **'basic'** tasks, but these tasks aren't easy when you have ADHD.