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An Evening Out with ADHD: How to Manage Yourself in Various Social Situations and Be More Engaged with Friends and Family

- Learn as much as you can about the location ahead of time. Find out about the venue, food options, music, etc. The more you know ahead of time, the better prepared you'll be for these types of situations.
- Avoid foods that will make you uncomfortable. For example, don't eat really spicy wings if you know you'll start sweating or drinking a lot of water. It can make the situation awkward.
- If you're at dinner, try to sit with your back to distracting things like the door or televisions. We can get easily distracted, so try to avoid these things as much as possible.
- Wear comfortable shoes and bring a light jacket. You never know how much you'll be on your feet. And keeping your body at a good temperature helps with self-regulation.
- Make sure you know where you're going. Getting lost can add major stress to an evening.
- Along those lines, try to get to the location early. It will help you better acclimate to the environment. By getting a gauge of the venue, you'll know how to best prepare for things. By getting an early idea about the noise level, temperature and layout, you'll best adjust to that situation.
- Take sensory breaks. Take short walks to re-regulate yourself.
- Try not to overuse your phone. There are times when our phones give us a sensory break. But it comes across as rude to sit on your phone while in a social situation. If you need to take a call or send a message, try to do so away from the group.
- Before posting **ANYTHING** to social media...**ASK!** Just because you think it's a great picture doesn't mean others feel the same way.
- Last but not least...be you. If you try too hard to be someone else, you'll come across as phony. You're there for a reason, so enjoy it!

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I also do the ADHDGuru podcast as well. It can be found on iTunes, Google Play, Stitcher Radio or TuneIn Radio.