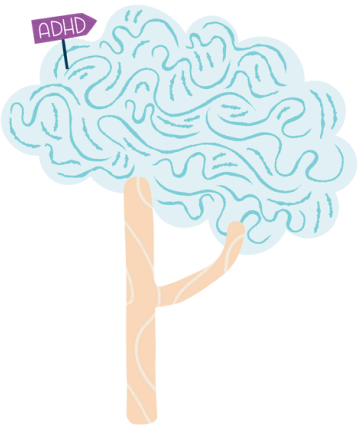




# ADHD



My brain is awesome in so many ways and works differently to my classmates. However, one way that it works differently is that it uses my neurotransmitters very fast and makes the amount that my body can use go low! Neurotransmitters are brain chemicals that help me sleep, concentrate and regulate my emotions.



When I take this medication my Doctor has prescribed, it's like topping up my 'brain tank' with the right chemicals it needs to feel good, sleep easily and concentrate on what I need to. Without this help, it takes A LOT of energy to help me regulate myself, and can make me go to 'empty' and crash far quicker than a neurotypical child. It's okay to allow my brain to have the help it needs to concentrate on other things, like getting my work done!