# Forum:Hack Forums

Thread: Managing ADHD

**yrnGarry** - *March 28, 2018, 8:33 pm*

I take adderall, but I end up taking four 10mg capsules instead of the one 10mg I am prescribed, also, I don't want to be dependent on any type of medications and I find myself unable to function without it. Please give some coping suggestions so I can try to manage it without any medicine

**Francis Gallagher** - *March 28, 2018, 8:44 pm*

When you say ADHD, describe to me what that looks like for you? Are you just super distracted? Take on too many things at once? Etc.

**yrnGarry** - *March 28, 2018, 8:45 pm*

(Mar 28, 2018 08:44 PM)Furcas Wrote: *[CITE]* When you say ADHD, describe to me what that looks like for you? Are you just super distracted? Take on too many things at once? Etc.

no, i have adhd, I am super hyperactive as well as being easily distracted.

**test** - *March 28, 2018, 8:46 pm*

Have you tried talking to your GP? They are more qualified to tell you about this stuff.

**yrnGarry** - *March 28, 2018, 8:48 pm*

(Mar 28, 2018 08:46 PM)testaccountplsignore Wrote: *[CITE]* Have you tried talking to your GP? They are more qualified to tell you about this stuff.

I'm just told to think of my medicine as a "supplement" and that it is fine.

**Francis Gallagher** - *March 28, 2018, 8:53 pm*

(Mar 28, 2018 08:45 PM)yrnGarry Wrote: *[CITE]* no, i have adhd, I am super hyperactive as well as being easily distracted.

I would slowly ween myself off the adderall (and send it my way, srs).

Then I would start taking ginko biloba, as well as finding a hobby that will occupy your time. It sounds counter productive to actually add MORE shit into your already distracted life. But find something that actually holds your interest, and time will fly by.

I find meditation actually makes it harder for me to be distracted also. Because I'm not longer focusing on shit around me. And just on myself. But not everyone can do it successfully. Practice makes perfect.

Also, heard kratom helps a ton with mental shit. Never tried it myself though. So don't quote me.

**yrnGarry** - *March 28, 2018, 8:54 pm*

(Mar 28, 2018 08:53 PM)Furcas Wrote: *[CITE]* I would slowly ween myself off the adderall (and send it my way, srs).

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I'll look into that.

**test** - *March 28, 2018, 8:55 pm*

(Mar 28, 2018 08:48 PM)yrnGarry Wrote: *[CITE]* I'm just told to think of my medicine as a "supplement" and that it is fine.
Well if you don't want to rely on it then you should start by cutting down on your usage. Four times the prescribed amount probably isn't good.

**yrnGarry** - *March 28, 2018, 8:57 pm*

(Mar 28, 2018 08:55 PM)testaccountplsignore Wrote: *[CITE]* Well if you don't want to rely on it then you should start by cutting down on your usage. Four times the prescribed amount probably isn't good.
I pretty much need it to function/

**Francis Gallagher** - *March 28, 2018, 8:58 pm*

(Mar 28, 2018 08:54 PM)yrnGarry Wrote: *[CITE]* I'll look into that.
No idea why you don't like adderall though. I guess, it's different when it actually "works right" for what it's prescribed for. Wish I could get my hands on some here. Kudos on you for wanting to stop it though.

**yrnGarry** - *March 28, 2018, 9:03 pm*

(Mar 28, 2018 08:58 PM)Furcas Wrote: *[CITE]* No idea why you don't like adderall though. I guess, it's different when it actually "works right" for what it's prescribed for. Wish I could get my hands on some here. Kudos on you for wanting to stop it though.
I don't like depending on stuff.

**Francis Gallagher** - *March 28, 2018, 9:04 pm*

(Mar 28, 2018 09:03 PM)yrnGarry Wrote: *[CITE]* I don't like depending on stuff.
I know the feeling man. I guess that's the difference with "needing" it for ADHD and "wanting" it for recreational use.

**yrnGarry** - *March 28, 2018, 9:07 pm*

(Mar 28, 2018 09:04 PM)Furcas Wrote: *[CITE]* I know the feeling man. I guess that's the difference with "needing" it for ADHD and "wanting" it for recreational use.
A way to describe it is smoking the same amount, type and strain of weed every day; you get tired of it then you will feel weird as hell when you just randomly don't do that for a day

**Francis Gallagher** - *March 28, 2018, 9:22 pm*

(Mar 28, 2018 09:07 PM)yrnGarry Wrote: *[CITE]* A way to describe it is smoking the same amount, type and strain of weed every day; you get tired of it then you will feel weird as hell when you just randomly don't do that for a day
Damn, that's rough.
Fuck, now I'm craving adderall. Thanks man.  ?

**yrnGarry** - *March 28, 2018, 9:24 pm*

(Mar 28, 2018 09:22 PM)Furcas Wrote: *[CITE]* Damn, that's rough.
Fuck, now I'm craving adderall. Thanks man.  ?
Yea man your digitox thing looks pretty cool, if it’s yours.

**SLY** - *March 28, 2018, 10:57 pm*

I'm currently on 36mg of Concerta which helps with ADD, It is double coated so it has a slow release

and slow come down.

**Modern day Hippy** - *March 28, 2018, 11:11 pm*
AHH i remember being on adderall as a kid. I didnt know they were addies back then but they made me depressed as a kid. Later on i was taken off because i asked to. psychedelics helped alot tbh. Well it was one way to let my minds intense creative thinking have its fun, The brain is a very strong muscle and shouldn't be held back on medication such as adderall. Learn to live and love it.

**Sans** - *March 28, 2018, 11:12 pm*
How old are you? I am 22, it was bad when I was younger but you learn to manage it as you get older.

**???t?** - *March 28, 2018, 11:23 pm*
I took many different things before.
Adderall, Ritalin, Concerta, Metadate

**Francis Gallagher** - *March 29, 2018, 12:41 am*
(Mar 28, 2018 09:24 PM)yrnGarry Wrote: *[CITE]* Yea man your digitox thing looks pretty cool, if it's yours.
Nah man. Just decided to put my sig space to good use. Some dude on hf.

**Scriph** - *March 29, 2018, 5:20 am*
Well.. At least you can have meds be thankful.
I have adhd and don't take my meds because I have psychosis issues and amphetamines are the last thing I am going to put in my body then (never really took it anyway. Don't like drugs that change who you are

**Alskling** - *March 29, 2018, 6:35 am*
I got ADHD, diagnosed years ago and got prescripted with amphetamines like addys, methylphenidates and even modafinils.

Ditched them all because they're shit, they all got withdrawal effects that really fuck you up.

Best alternative I discovered is maintaining a healthy diet (no jokes), easy to say but hard to do: switch to a mostly-veggie diet.
Basically 50% veggies, 35% meat diet did wonders to me.

And this advice may even seem too simple and silly, but it actually took me months of research and self-experimenting if fixing my diet alone could really improve my levelheadedness and attention. It's hard and not easy, and it's not a magic pill.

It's a total lifestyle change, give it a shot if ya want.

**yrnGarry** - *March 29, 2018, 7:32 am*
(Mar 29, 2018 06:35 AM)Alskling Wrote: *[CITE]* I got ADHD, diagnosed years ago and got prescripted with amphetamines like addys, methylphenidates and even modafinils.

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It's a total lifestyle change, give it a shot if ya want.
I was gonna do a 31 day fruit only diet to cleanse my body, I do this yearly and it doesn’t help. Elaborate a little more

**Mr Meeseeks** - *March 29, 2018, 10:03 am*
Maybe something to distract you like a fast paced video game?

**yrnGarry** - *March 29, 2018, 10:08 am*
Tbh I feel like it’s making me stupid, I am more forgetful and forget the simplest of things. I have no idea how I am able to remember how to work with php, but have trouble multiplying