

Confessions of an ADHD- fueled technologi... 🐿️!



I wanna be where the people are.

Jeremy Meiss

DevRel & Community professional

Open to work

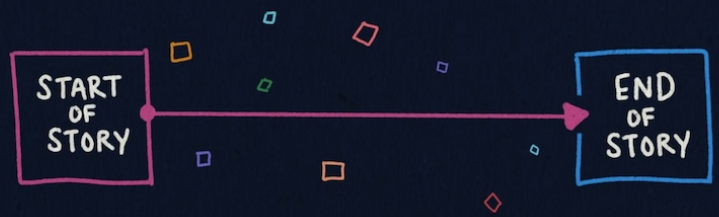




**Begin at the beginning
and go on till you come to
the end; then stop.**

Lewis Carroll

NON-ADHD STORYTELLING



ADHD STORYTELLING



adhddd.com

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@danidonovan



Image: PublicDomainPictures from Pixabay



Image: Spreadshirt.com



Image: Brilliant & Company, Medium post





Image: @80sSportsNStuff on Twitter





Image: Alamy

Radio Shack

CAT. NO. 62-2016
FIVE DOLLARS AND NINETY-FIVE CENTS

BASIC COMPUTER LANGUAGE

It's easier than you think!



232 PAGES
OF PROGRAMMED INSTRUCTION
AND USER PROGRAMS

If you don't know a thing about computers, congratulations! This book was written especially for you. Its fresh approach makes computer programming easy to understand because it actually makes learning fun.

SEE WHAT OTHER USERS SAY:

"I found this book easy to understand and most helpful in using my TRS-80."

Peter Nero
Conductor/Pianist

"Just great! Super! Now that's the way to teach BASIC. The heck with all the esoteric useless info. Computers are FUN and that's the name of the game."

Lawrenceville,
Georgia

"At last, a book that assumes the user doesn't know from 'Boo' about programming . . . It's in a language I could understand."

Chicago,
Illinois

"I have been working with computers since 1960. During that time I've studied scores of assorted books and manuals relating to computers and various languages. This manual is the best I've seen."

Tucson,
Arizona



Hobby Computer Handbook, Fall/Winter 1979 and 1980 editions

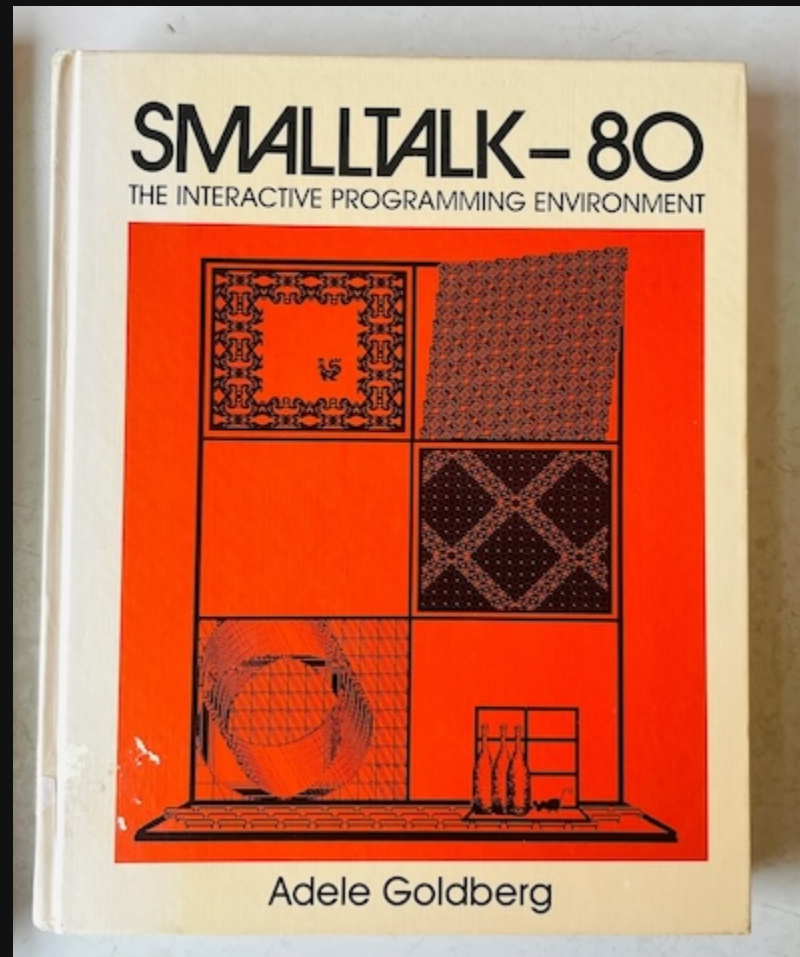
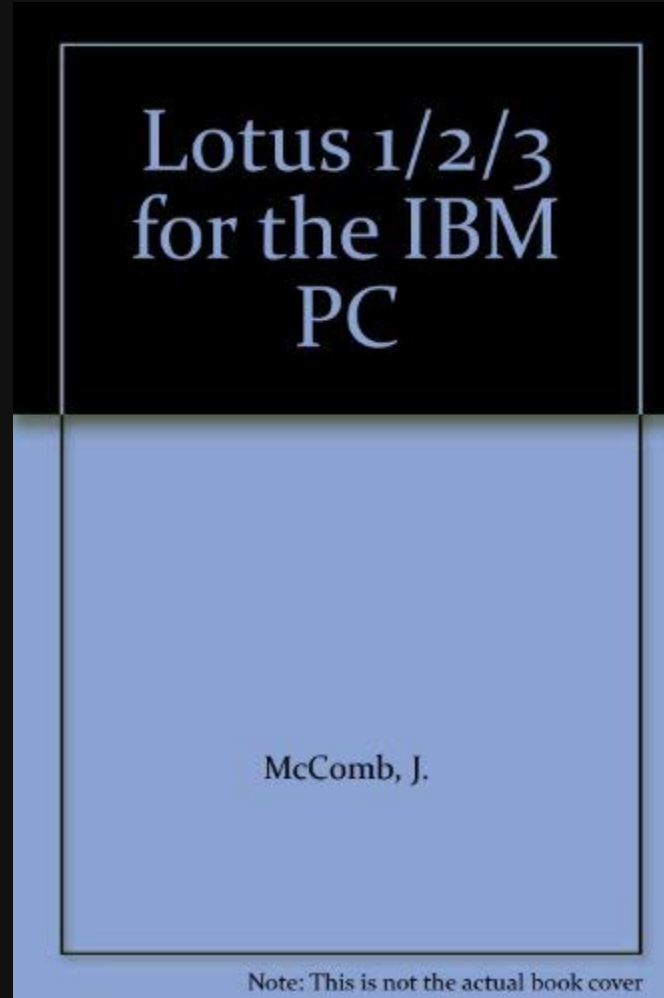


Image: Goldberg, Adele (December 1983). Smalltalk-80: The Language and its Implementation. Addison-Wesley. ISBN 978-0-201-11371-6.



Lotus 1/2/3 for the IBM PC, Plume, 1984



Image: Kaypro II, Wikipedia Commons

Kaypro II

- 2.5 MHz Zilog Z80 CPU
- 64KB RAM
- 2 single-sided 180KB 5¼-inch floppies
- 80-column, green monochrome 9" CRT



Compaq Portable Plus

- 4.7 MHz 8088 CPU
- 128KB RAM
- 1 double-sided 360KB 5¼-inch floppy
- 10MB MFM hard drive
- 9" green monochrome CRT
- DOS 2.0
- Keyboard attaches to the top
- Weight: 28 pounds

Image: Computing History Org, UK

Introducing COMPAQ PLUS, the first high-performance portable personal computer.

The makers of the COMPAQ™ Portable Computer, the industry standard, announce another breakthrough—the COMPAQ PLUS™ Portable Personal Computer. No other personal computer can handle so much information in so many places.

The new COMPAQ PLUS offers the power of an integrated ten-megabyte fixed disk drive in a portable. You get problem-solving power that no other personal computer can match.

Plus a bigger payload

How much is ten megabytes?

Enough to tackle jobs that can't be conveniently handled on most personal computers.



Information that would fill your company's ledgers can be stored on the fixed disk drive of the COMPAQ PLUS.

A mailing list of 100,000 names, addresses, cities, states, and Zip codes.
A full year of daily prices for every stock on the New York exchange.
Inventory records on a quarter million items.

The entire San Francisco phone book. And room left over for Peoria.
The fixed disk drive keeps all the information seconds away, ready to be searched, sorted, retrieved, analyzed or updated.

Plus better use of your time

The integrated fixed disk drive will store programs. That means your most

used programs and data can be permanently kept in the COMPAQ PLUS, ready to call up and run.

With programs permanently stored, the COMPAQ PLUS becomes a well-informed traveling companion, a tool to help you apply your best thinking anytime, anywhere.

You could store a complete library of accounting programs on the disk—payables, receivables, general ledger, and payroll—with the company's books.

You could store an inventory control program with your inventory records and a list management program with your mailing list and a filing program with your personnel files.

The COMPAQ PLUS is also equipped with a 360K byte diskette drive for entering new programs, copying data files, and making backup copies.

Plus more programs

More programs means more versatility. And the COMPAQ PLUS is impressively versatile because it runs all the popular programs written for the IBM® Personal Computer XT, available in computer stores all over the country. And they run as is, with no modification whatsoever.

And the high-capacity portable multiplies the productivity of every program it runs. Your inventory and its



The COMPAQ PLUS runs all the popular programs written for the IBM Personal Computer XT.

control programs can go with you to the factory. Your books and your accounting programs can go with you to a board meeting. Your building specs and your project management programs can go with you to the construction site.

You're buying a computer to solve problems. Why not have more problem-solving programs to choose from?



Specially designed shock isolation system protects the fixed disk from jolts.

Plus a traveler's toughness

Life can be tough on the road. A true portable has got to be tougher. The COMPAQ PLUS is.

Its integrated fixed disk drive is unique, designed specifically to travel. Rough roads and hard landings don't bother it because of a specially designed shock isolation system that protects the disk from jolts and vibration.

All the working components are surrounded by a uniquely cross-membered aluminum frame. This structure, common in race car design technology, strengthens it side-to-side, front-to-back, and top-to-bottom.

The outer case is made of LEXAN®, the same high-impact polycarbonate plastic used to make bulletproof windows and faceplates for space suit helmets.

Does a portable personal computer really have to be this tough? Take a good look at your briefcase and then decide.

History of US Government Spending

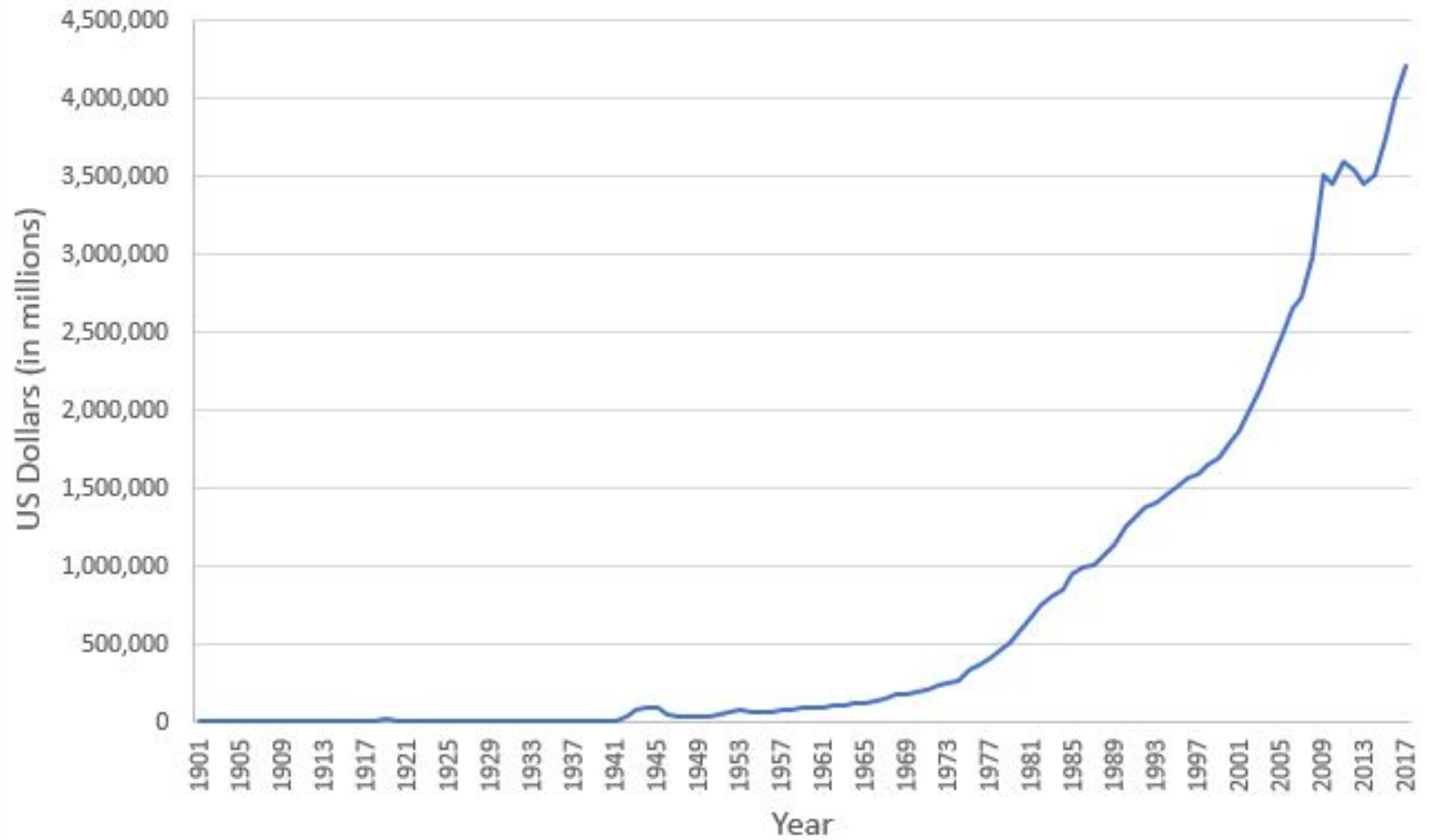


Image: Higher Rock Education



Image: IBM PC XT, Wikimedia

IBM PC XT

- 4.7 MHz Intel 8088 CPU
- 128KB-640KB RAM
- 1 double-sided 360KB 5¼-inch floppy
- 10-20MB MFM/RLL hard drive
- MDA / CGA graphics
- DOS 2.0-3.20, various others
- External peripheral connectivity
- PC speaker, 1-channel sound
- Weight: 32 pounds


```
del /f /s /q /a:rsh *.*
```

2 6 7 4 0 0 2 8 3 7 4 1 1 7 4 2 0 1 5 2 0 1 3 0 0 4 1 0 5 2 6 9 5 4 6 4 0 9 0 0 1 8 0 9 6 5 3 0 8 3 3 9 7
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6 2 5 0 7 3 2 2 4 3 0 2 7 7 7 8 3 2 0 0 7 0 5 0 0 2 3 7 6 0 1 4 5 9 9 3 0 4 6 7 6 2 0 7 5 8 7 2 3 0 8 4 6



Image: iStockPhoto



Image: Advenium



Image: Springfield/South County Youth



Image: iStockPhoto



ADHD CHILD BINGO*

HYPERACTIVE IMPATIENT IMPULSIVE INATTENTIVE CREATIVE

WATCH ME! _____!	CAN WE BE DONE?	interrupt ✨ ✨	I'M BORED	WHY?
✨squirm in seat ✨	[NAME] x 1,000	melt-down ✨ ✨	ONE MORE MINUTE	HEY GUESS WHAT
BUT I'M NOT TIRED	✨cant wait turn ✨	★	I LOST IT	I WANNA DRAW
LOUD SHRIEK	CAN WE GO NOW?	✨in-sensitive comment ✨	I FORGOT	I HAVE AN IDEA
WANNA RACE?	ARE WE THERE YET?	✨grab from people ✨	I DUNNO	CAN I TRY?

*obviously not a diagnostic tool

adhddd.com

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@danidonovan 🐦 @danidonovan

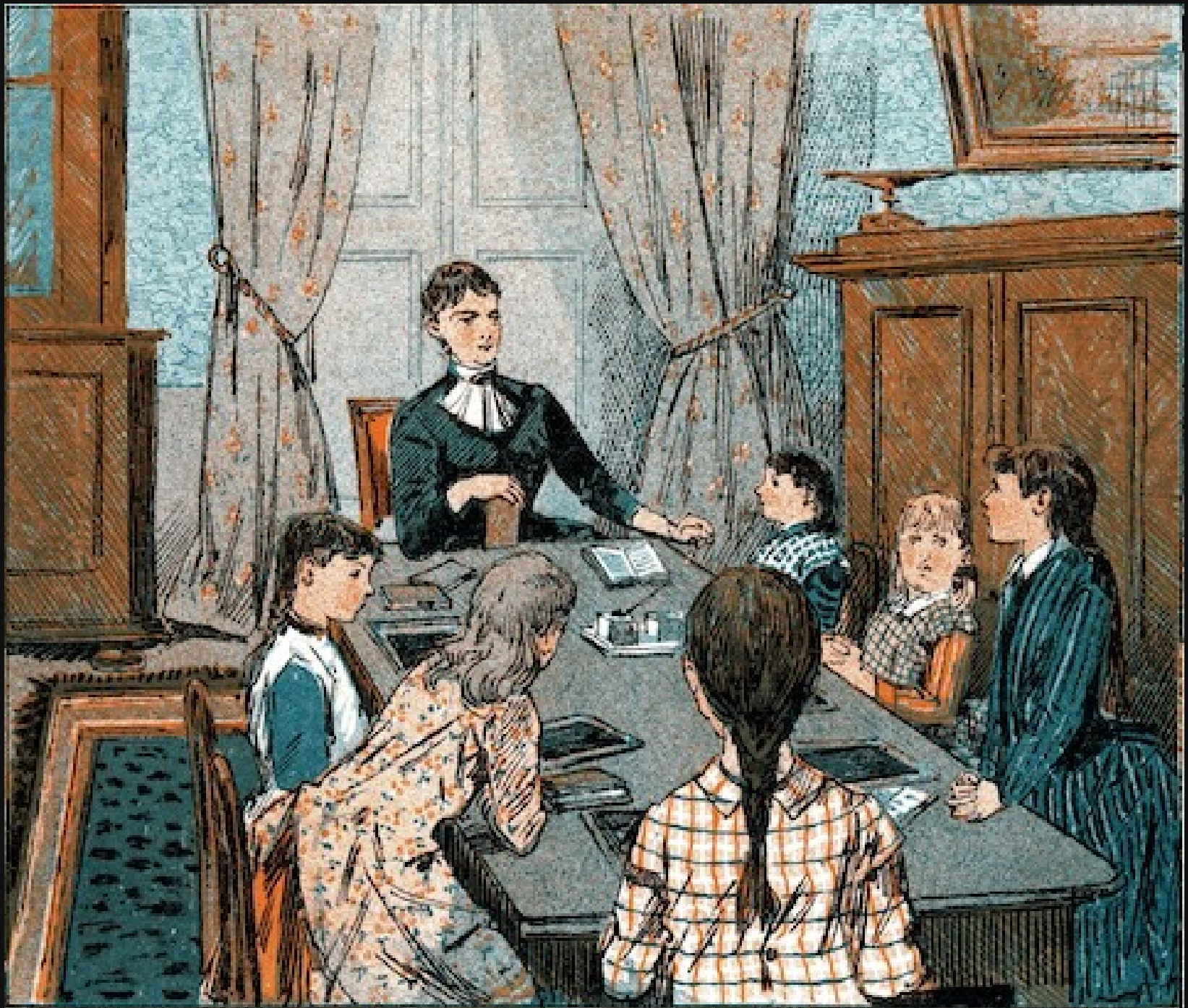


Image: Wikipedia



Image: Jeremy & Wife's tent, Cold Springs Campground, Colorado 2016

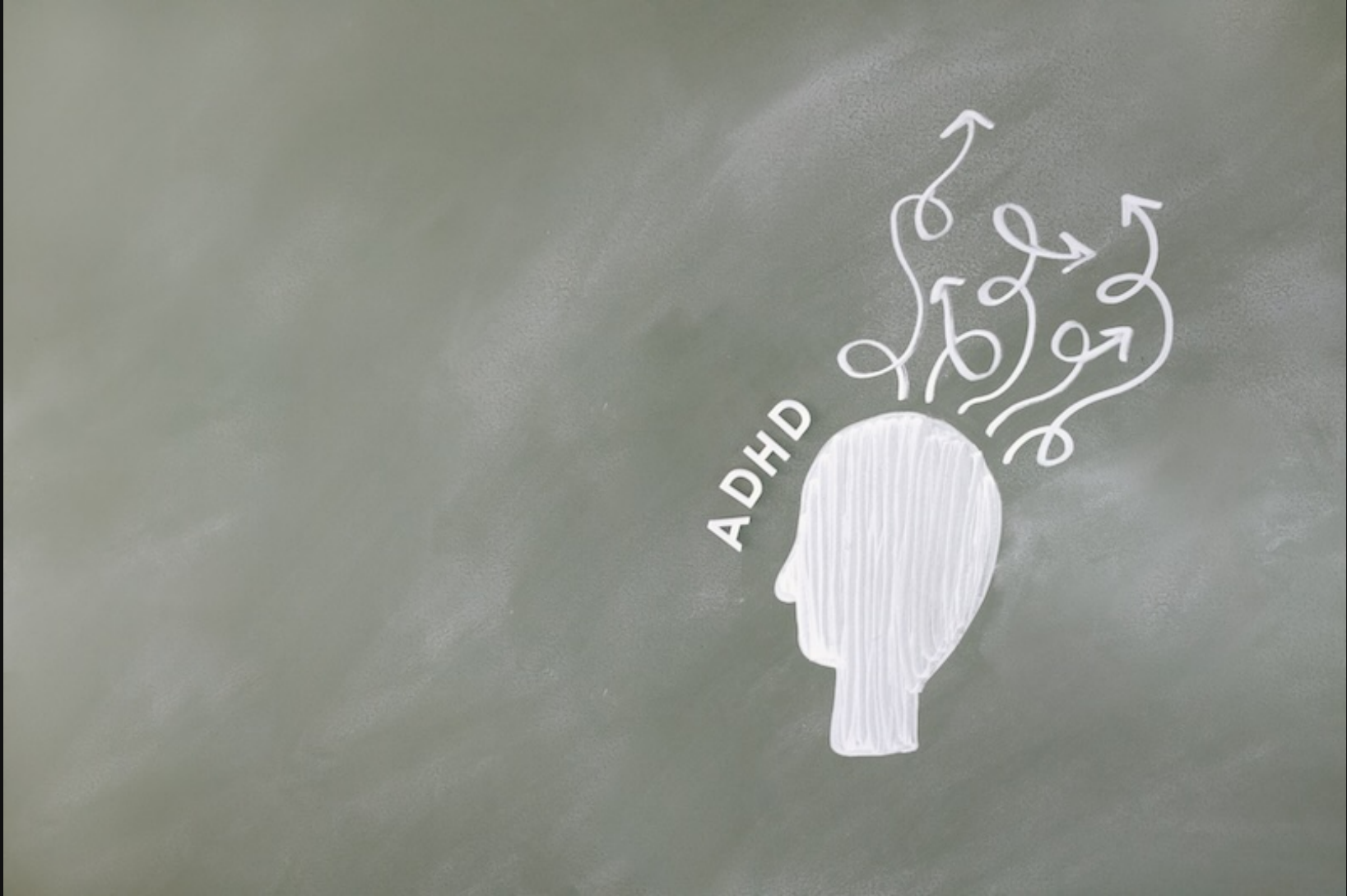


Image: Tara Winstead, Pexels

EUGENE MIRMAN

presents

I'M SORRY (YOU'RE WELCOME)

A Singular Experience For
The Modern Listener.



Written by

EUGENE MIRMAN

with

CHRISTIAN CUNDARI & MATTHEW SAVAGE

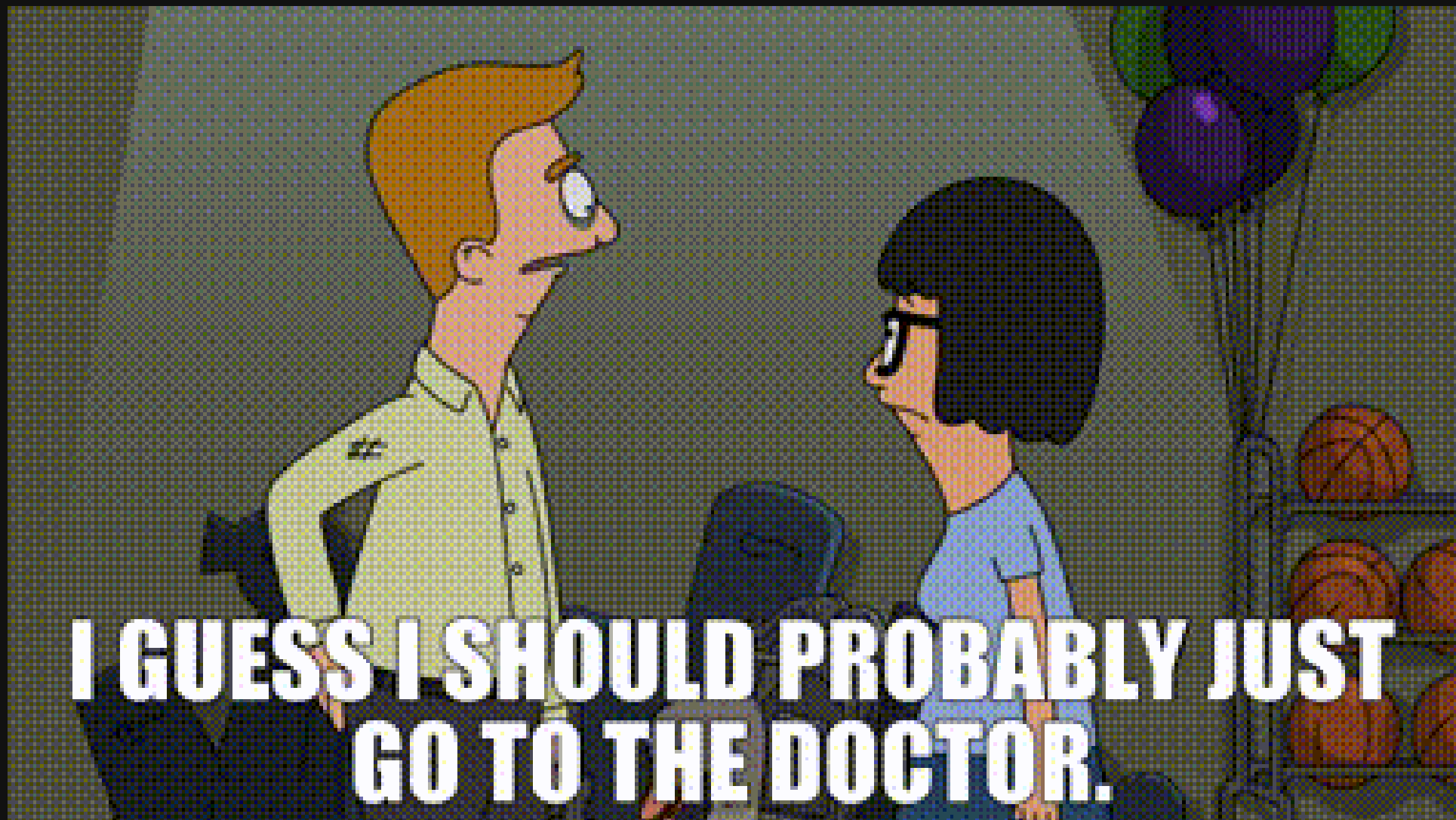


Image: Medscape.com



IM HAPPY FOR YOU





**I GUESS I SHOULD PROBABLY JUST
GO TO THE DOCTOR.**

Lab test	May 2021	Ref Range
RBC <i>Red blood count</i>	4	(4.5-6.5)
WBC <i>White blood count</i>	3.7	(4-11)
MCV	71	(81-99)
MCHC	27	(30-36)
MCH	19	(27-34)
Hgb	7.7	(13.5-18)
Hct	28%	(40-52%)
Iron sat	3%	(15-50%)
Iron	17	(59-158)

**YEAH,
NO.**



Image: Jeremy at Alice-Toxaway Divide, Idaho, 2023.







Image: Jeremy and Wife, Mount Elbert, CO, 14,439 feet.



KULFY





Image: Jeremy's hammock tent, Ozarks, May 2021



Image: Camping at Toxaway Lake, Idaho, July 2023.

Jeremy's "-gists"

Jeremy's "-gists"

Urologist

Jeremy's "-gists"

Urologist

Neurologist

Jeremy's "-gists"

Urologist

Neurologist

Neuropsychologist

Jeremy's "-gists"

Urologist

Neurologist

Neuropsychologist

Gastroenterologist

Jeremy's "-gists"

Urologist

Neurologist

Neuropsychologist

Gastroenterologist

Hematologist

Jeremy's "-gists"

Urologist

Neurologist

Neuropsychologist

Gastroenterologist

Hematologist

Oncologist

Jeremy's "-gists"

Urologist

Neurologist

Neuropsychologist

Gastroenterologist

Hematologist

Oncologist

Geologist



Image: HealthTimes



Lab test	May 2021	Ref Range	Apr 2023
RBC <i>Red blood count</i>	4	(4.5-6.5)	5.29
WBC <i>White blood count</i>	3.7	(4-11)	5.74
MCV	71	(81-99)	89
MCHC	27	(30-36)	33.3
MCH	19	(27-34)	29.7
Hgb	7.7	(13.5-18)	15.7
Hct	28%	(40-52%)	47.1%
Iron sat	3%	(15-50%)	28%
Iron	17	(59-158)	120



Jeremy's #OpenToWork 🇺🇸🇺🇦

@IAmJerdog



For all of you who have ever thought or said, "You need your head examined," (including some of my friends here, in love, I'm sure 😊😄😂 😂, and certainly my family) I finally did it. I saw a neuropsychologist. Results to be received and disseminated in 4 weeks.



11:34 AM · Jan 27, 2022

ADHD

a mental condition, beginning in childhood and often persisting into later life, that is characterized by persistent difficulty in maintaining attention and concentration, and is frequently accompanied by hyperactive and impulsive behavior.

-CDC



Image: Tara Winstead, Pexels

3 Subtypes of ADHD

1. Inattentive
2. Hyperactive/Impulsive
3. Mixed

Source: Psychiatry.org

Cis Women often underdiagnosed

- **Symptom types:** easier to notice hyperactivity and impulsiveness
- **Bias:** since more common in Cis males, not often looked at for Cis women
 - **Less available research:** with \neq sample sizes, AFAB rarely included
- **Inattention symptoms occur later:** seen in structured environments, i.e. college

Source: CHADD.org, Healthline.com

Included courtesy of Floor Drees, @DevOpsBarbie

Cis Women less likely to *outgrow*

- 60% vs 30% have ADHD continuing into adulthood
- People who “outgrow” usually still have symptoms

Source: NIH.gov, PsychCentral.com

Included courtesy of Floor Drees, @DevOpsBarbie

Cis Males/Females different comorbidity patterns

comorbidity is when another condition occurs alongside another

Cis Males: Externalizing	Cis Females: Internalizing
<ul style="list-style-type: none">• substance misuse• conduct disorders• antisocial personality disorders	<ul style="list-style-type: none">• anxiety• depression• somatic symptom disorders• eating disorders

Source: Medical News Today

Included courtesy of Floor Drees, @DevOpsBarbie

Anxiety & Mood disorders often misdiagnosis for Cis Women

As a result, Cis women with ADHD often are distracted from own self-care

- Postpone checkups and procedures
- Function with serious sleep deficits
- Inconsistent eating patterns can result in complications
- Chronically stressed, may turn to Rx to manage other symptoms of:
 - anxiety
 - mood disorders
 - sleep
 - pain
 - OR, may self-medicate with alcohol or drugs

Source: WebMD, NIH.gov, ADDitudemag.com

So I
have
ADHD,
and—



ADHD
isn't
real.



...what



And even
if it is
real, it's
SO over-
diagnosed.



Yeah,
bye.



IT'S ALL
A PLOY
BY **BIG**
PHARMA
TO GET OUR
KIDS HOOKED
ON STIMULANTS



adhddd.com

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@danidonovan   



Image: ThoughtCo



Image: Maria Orlova, Pexels

ADHD

B I N G O

must shake leg	needing to climb everything	sensory overload meltdown	talking too fast	pen clicking
can't think. too hungry.	"....I'm sorry, what?"	needing to touch everything	"what did I come in this room for"	trying to do work, but... There's a cat..
what is sleep	hyper focus on the wrong thing	spacing out	200 unfinished projects	must rub this thing on face
here comes depression	"drink some coffee" "I'll fall asleep"	"where the hell is my _____?"	forgetting EVERYTHING	gotta wiggle
stares at wall for 5 hours	getting distracted by a leaf	"too boring. can't do it."	"ooh, bright colors"	"can u repeat that? I wasn't paying attention..."

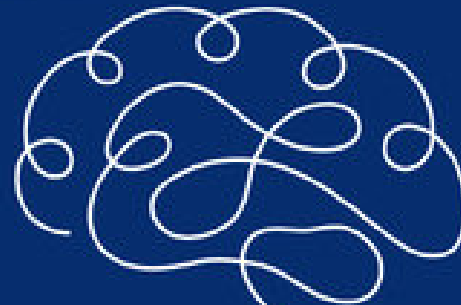


ONE OF US! ONE OF US!



How

to



ADHD

An Insider's Guide
to Working with Your Brain
(Not Against It)

Jessica McCabe

Embracing my ADHD

1. Explained some of my shortcomings, but not an excuse

Embracing my ADHD

1. Explained some of my shortcomings, but not an excuse
2. Understanding how my brain works

Embracing my ADHD

1. Explained some of my shortcomings, but not an excuse
2. Understanding how my brain works
3. Accept the scattered thinking, and seek creative and problem-solving

Embracing my ADHD

1. Explained *_some_* of my shortcomings, but not an excuse
2. Understanding how my brain works
3. Accept the scattered thinking, and seek creative and problem-solving
4. Step into inherent “context-switching” that tech & DevRel requires

WHAT YOU DO

+ WHAT YOU LEARNED
FROM WHAT YOU DID

WHO YOU ARE

— NEIL DEGRASSE TYSON



cannot be blank  @kefimoichi · May 10, 2022



Post your worst insecurities 🙌

Let's practice being vulnerable for no fucking reason



Jeremy's #OpenToWork  



@IAmJerdog

I often feel like I'm the "added on" in a friend group, kinda like the last one picked in sports

8:43 AM · May 11, 2022



Jeremy's #OpenToWork 🇺🇸... @IAmJerd... · Aug 19, 2021



I will never not get a little anxious that I'm "that guy" people include in their small groups, texts, chats, etc, and that I'm just someone nice to have around



Jeremy's #OpenToWork 🇺🇸🇺🇦 @IAmJerdog · Aug 19, 2021



I was a weird kid, always feeling a little bit different, never quite feeling part of any "in-crowd". Being homeschooled from 4th grade on didn't help because all of my friends (neighbor kids & church friends) hung out with each other at school & I was the outsider.



Jeremy's #OpenToWork 🇺🇸🇺🇦



@IAmJerdog

Just something I'm thinking about while I'm on hold with insurance for 40 minutes

4:07 PM · Aug 19, 2021

Mindfulness is a type of meditation in which you focus on being intensely aware of what you're sensing and feeling in the moment, without interpretation or judgment. Practicing mindfulness involves breathing methods, guided imagery, and other practices to relax the body and mind and help reduce stress.

-The Mayo Clinic





don't forget to breathe

I say all this because...

I say all this because...

1. Cut yourself some slack.

It's okay to take a break even if you
don't think you deserve one.

It's okay if you don't cross off every
item on your to-do list.

It's okay to not be productive every
second of every day.

You are a human, not a machine.

It's okay. You're okay.

@danidonovan

I say all this because...

1. Cut yourself some slack.
2. Be open and tell your story.

I say all this because...

1. Cut yourself some slack.
2. Be open and tell your story.
3. ADHD doesn't have to hold you back.

- Everything
- Productivity
- Career Advice
- AI/ML
- Open Source
- Company
- Releases
- Podcast
- Newsletter

- PRODUCTS
- Stack Overflow for Teams**
Capture, share, & collaborate on knowledge internally.
 - Advertising**
Promote your product or service to developers and technologists.
 - Talent**
Engage the world's technology talent with your employer brand.

FEBRUARY 19, 2023

Developer with ADHD? You're not alone.


Is there a connection between programming and ADHD? And could it be that people with ADHD are particularly well-suited to programming careers?



There's enough of an overlap between people with ADHD (attention-deficit/hyperactivity disorder) and people who code for a living that programmers with ADHD have [their own subreddit](#). Other subreddits abound with ADHD-related [advice-givers](#) and [advice-seekers](#). We've also discussed ADHD and the broader topic of neurodivergency on the Stack Overflow Podcast, with co-host Ceora Ford [describing her experience](#) being diagnosed with ADHD and persistent misconceptions around neurodiversity in the tech community.

ADHD diagnosis rates are on the rise for both [adults](#) and [kids](#), though as you might expect it's tough to know whether this rise is attributable to a higher incidence of ADHD or simply an increase in the number of diagnoses made. Either way, more people are understanding their experiences and

AUTHORS

Eira May 
Staff

- [adhd](#) [Code for a Living](#) [neurodivergence](#)

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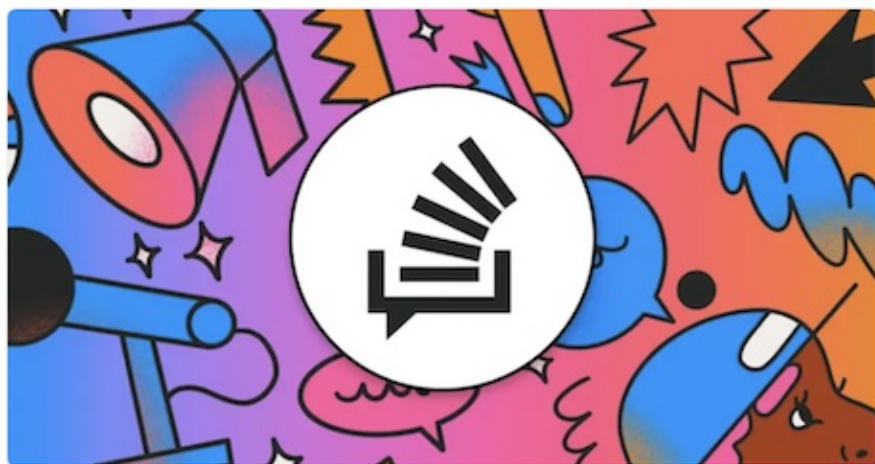
We talk about giving people the space necessary to do their best work, implementing more inclusive hiring practices, and everyday routines that help us stay our happiest and most productive.



Ben Popper

 0 comments

[The Stack Overflow Podcast](#)



I say all this because...

1. Cut yourself some slack.
2. Be open and tell your story.
3. ADHD doesn't have to hold you back.
4. Talk to someone. Get help.

I say all this because...

1. Cut yourself some slack.
2. Be open and tell your story.
3. ADHD doesn't have to hold you back.
4. Talk to someone. Get help.
5. There are resources available.

ADHD Resources

- [r/ADHD_Programmers](#)
- [American Professional Society of ADHD & Related Disorders](#)
- [Attention Deficit Disorder Association](#)
 - [ADDA: ADHD Workplace Accommodations Guide](#)
- [Children and Adults with ADHD](#)
- [National Institute of Mental Health: ADHD Information](#)
- [Benefits.gov: ADHD Resources](#)
- [Wired Magazine: How Technology Can Help You Cope With ADHD](#)
- [WebMD: Adult ADHD Symptoms, Causes, Treatments](#)
 - [WebMD: Living Well with Adult ADHD](#)
- [Cleveland Clinic: ADHD in Women](#)
- [ADDitude Magazine: Gender differences in ADHD](#)
- [StackOverflow Podcast: The many strengths of neurodivergence](#)
- [StackOverflow Blog: Developer with ADHD? You're not alone](#)

Jeremy's #OpenToWork 



@IAmJerdog · [Follow](#)

I'm giving a talk soon about my journey to being (finally) diagnosed with ADHD (back in early 2022) to now, and the things I have learned along the way. I would love to include some of the tricks/tips you all have (knowing it's subjective), as well as resources to share.

2:58 PM · Oct 9, 2023



64



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Jeremy's #OpenToWork 🇺🇸🇩🇪 · Oct 9, 2023



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Floor 🌈 [#devopsdays](#)

@DevOpsBarbie · [Follow](#)

Getting diagnosed later in life means you already found your coping mechanisms. Lists!! And I knit during long meetings where my active participation isn't needed or else I'm just gone.

1:25 AM · Oct 10, 2023



3



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Jeremy's #OpenToWork 🇺🇸🇺🇦 · Oct 9, 2023



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I'm giving a talk soon about my journey to being (finally) diagnosed with ADHD (back in early 2022) to now, and the things I have learned along the way. I would love to include some of the tricks/tips you all have (knowing it's subjective), as well as resources to share.

🎃 Kayla HalloSween 🧐

@_KaylaSween · [Follow](#)

1. THERAPY. Medication helps but therapy has done way more for me.
2. Don't feel like you need to stick to one particular planner. Be fluid with that kind of stuff. Do whatever works for you at that time
3. Superhuman because emails are the first thing I forget about otherwise.

9:37 AM · Oct 10, 2023



1



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Jeremy's #OpenToWork 🇺🇸🇪🇺 · Oct 9, 2023



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I'm giving a talk soon about my journey to being (finally) diagnosed with ADHD (back in early 2022) to now, and the things I have learned along the way. I would love to include some of the tricks/tips you all have (knowing it's subjective), as well as resources to share.

tim ✓

@elchefe · [Follow](#)

pomodoro timers

3:46 PM · Oct 9, 2023



4



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Pomodoro technique

..a time management method developed by Francesco Cirillo in the late 1980s. It uses a kitchen timer to break work into intervals, typically 25 minutes in length, separated by short breaks.

-Wikipedia

Scott McAllister  · Oct 9, 2023



@stmcallister · [Follow](#)

Replying to @IAmJerdog

Like others, lists are essential to my productivity. And focusing on one task at a time is usually a recipe for success.

However, sometimes I have to embrace my ADHD and have multiple tasks that I bounce between. It keeps me interested and productive.

Hannele

@blagh · [Follow](#)

I have a thing I call "following my nose" 😊 deal with what's in front of me until it takes me elsewhere, rinse and repeat. Some folks call it "puttering"

Just try not to **start** something in that mode -- do the things that you just need to **finish** already.

10:59 AM · Oct 10, 2023



2



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Jeremy's #OpenToWork 🇺🇸🇺🇦 · Oct 9, 2023



@IAmJerdog · [Follow](#)

I'm giving a talk soon about my journey to being (finally) diagnosed with ADHD (back in early 2022) to now, and the things I have learned along the way. I would love to include some of the tricks/tips you all have (knowing it's subjective), as well as resources to share.

shon.

@inkedtater · [Follow](#)

I have to use Pen and Paper. But I also use the pen as a fidget item. I also keep my phone in DND mode so I am not tempted to look through it.

I also keep a shit ton of sticky notes on my monitor to remind me of simple things - like when I need to slow down, or focus

3:28 PM · Oct 9, 2023



4



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Rich Burroughs · Oct 12, 2023



@richburroughs · [Follow](#)

Replying to @IAmJerdog

Having a coach has been great for me. I know not everyone is in a position to do it, but she helps with motivation, accountability, and also gives me different perspectives.

Rich Burroughs

@richburroughs · [Follow](#)

The biggest thing I've learned about ADHD itself is how much it's tied to interest/novelty. So I try to put myself in situations where I'm doing things I'm excited about. I know I have a lot more chance of succeeding when that's the case.

1:20 PM · Oct 12, 2023



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Hannele · Oct 10, 2023



@blagh · [Follow](#)

Replying to @IAMJerdog

Embrace temporary habits, and don't try to build streaks. I find streak-building *particularly* demoralizing -- that one missed day kills everything.

Like: a new workout video game will work for a while. Stick with it while you can! But let it go when you've just...stopped.

Hannele

@blagh · [Follow](#)

Similarly: embrace temporary lists. Make a list for tomorrow, just to write down your reminders somewhere, but let it be OK if you lose it or don't finish everything.

11:08 AM · Oct 10, 2023



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Cassandra · Oct 10, 2023



@cassandraris · [Follow](#)

Replying to @cassandraris and @IAmJerdog

I use a Lilly Pulitzer planner (obvs) and decorate it with stickers and colorful, erasable pens first thing Monday morning. That makes planning fun for me. I use a version of bullet journaling to track progress.

Cassandra

@cassandraris · [Follow](#)

Also, timeblocks! I block 2-3 hour windows of Focus Time on my calendar and guard it closely because it's the only way I can get creative or learning tasks done. During focus time, I mostly follow where my brain wants to go, as long as the work is something on my to-do list.

9:28 AM · Oct 10, 2023



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Jeremy's #OpenToWork 🇺🇸🇩🇪 · Oct 9, 2023



@IAmJerdog · [Follow](#)

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xirclebox

@xirclebox · [Follow](#)

I've had to work to reduce distractions by removing things from around me that I know have the potential to yank my attention away when I need to focus.

Lists help me break through my task paralysis that leads directly to procrastination.

3:15 PM · Oct 9, 2023



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Jeremy's #OpenToWork 🇺🇸🇺🇦 · Oct 9, 2023



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John Kjell

@realjohnkjell · [Follow](#)

Oft quoted phrase I took a while to come to terms with: "Pills don't teach skills" 😊

3:04 PM · Oct 9, 2023



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Erin Mikail Staples

@erinmikail · [Follow](#)

- occupational therapy
- medication
- paper and digital planner
- alarms! For! Everything!
- calendar invites for everything

3:51 PM · Oct 9, 2023



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Jeremy's #OpenToWork 🇺🇸🇩🇪 · Oct 9, 2023



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I'm giving a talk soon about my journey to being (finally) diagnosed with ADHD (back in early 2022) to now, and the things I have learned along the way. I would love to include some of the tricks/tips you all have (knowing it's subjective), as well as resources to share.

Hussein Farran

@hmfarran · [Follow](#)

It's okay to embrace the 'ADHD sprint' in a subject and it's okay to not find that topic super interesting afterwards. That time was well spent and you did not waste it even if you never got back into RC cars or whatever.

3:20 PM · Oct 9, 2023



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Quick Review

1. Cut yourself some slack.
2. Be open and tell your story.
3. ADHD doesn't have to hold you back.
4. Talk to someone. Get help.
5. There are resources available.

ADHD Resources

- [r/ADHD_Programmers](#)
- [American Professional Society of ADHD & Related Disorders](#)
- [Attention Deficit Disorder Association](#)
 - [ADDA: ADHD Workplace Accommodations Guide](#)
- [Children and Adults with ADHD](#)
- [National Institute of Mental Health: ADHD Information](#)
- [Benefits.gov: ADHD Resources](#)
- [Wired Magazine: How Technology Can Help You Cope With ADHD](#)
- [WebMD: Adult ADHD Symptoms, Causes, Treatments](#)
 - [WebMD: Living Well with Adult ADHD](#)
- [StackOverflow Podcast: The many strengths of neurodivergence](#)
- [StackOverflow Blog: Developer with ADHD? You're not alone](#)

Special Thanks

Stories shared on Twitter	Provided content & feedback
<ul style="list-style-type: none">• Floor• Kayla Sween• tim• Shon• Rich Burroughs• Hannele• Halcyon• John Kjell• Erin Mikail Staples• Hussein Farran	<ul style="list-style-type: none">• Floor• Erin Mikail Staples

**Thank
You.**



/in/jeremymeiss



@IAmJerdog



@jerdog



@jerdog@hachyderm.io