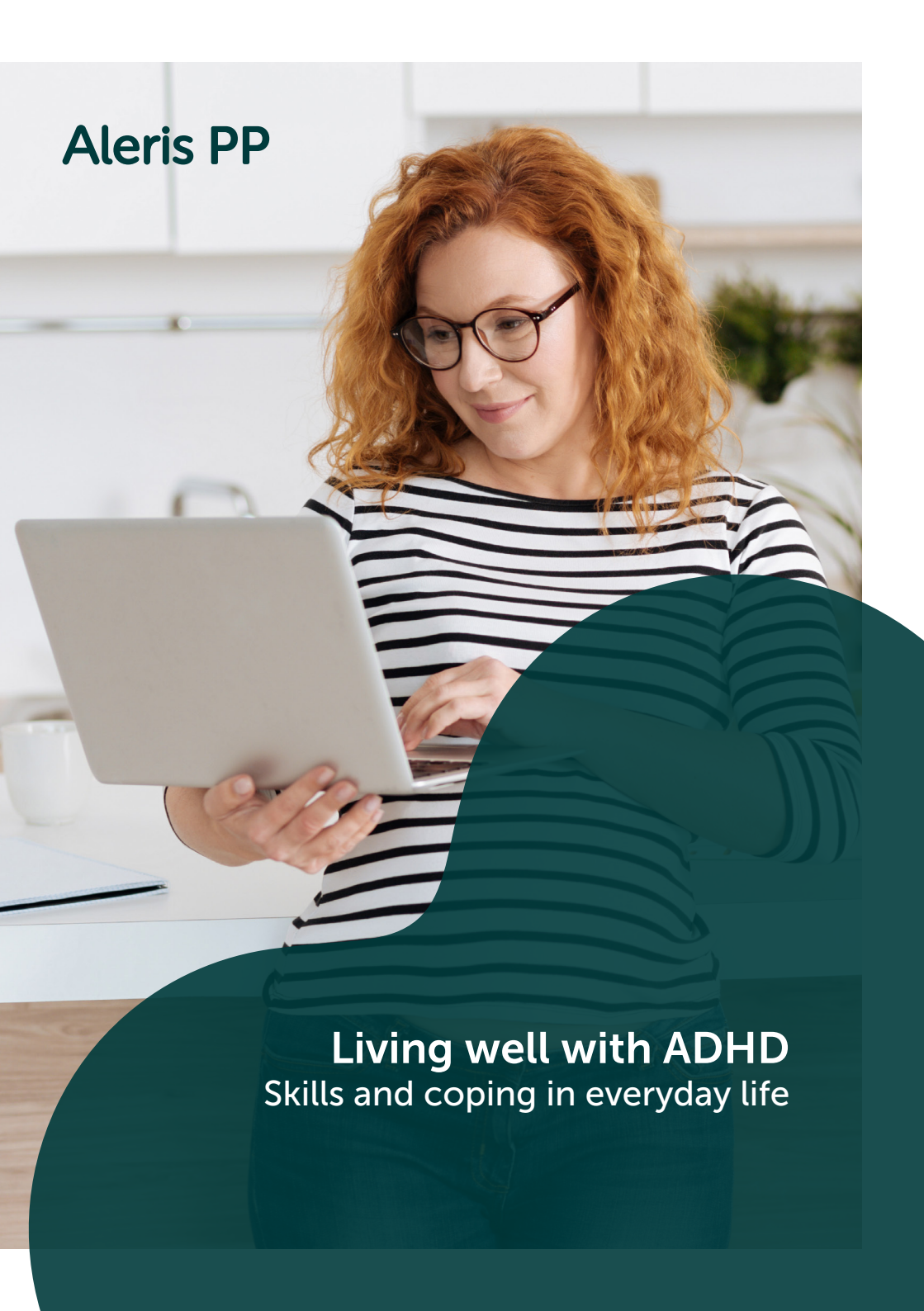




Aleris PP

Living well with ADHD Skills and coping in everyday life

The purpose

This coping programme strengthens participants' understanding of their ADHD/ADD and supports the development of concrete, practical strategies that can improve well-being, structure and balance in everyday life.

The programme combines psycho-education, practical training and reflection in a safe group setting, where participants gain knowledge, recognition and actionable tools.

The aim is to give participants :

- Greater knowledge of ADHD/ADD and typical challenges
- Tools for energy management, planning and task initiation
- Strategies for emotional regulation and stress reduction
- Strengthened self-understanding, agency and coping skills
- Opportunities for reflection and peer connection

The programme is based on evidence-based methods and Aleris PP's own models. It is evaluated using the WHO 5 well-being measure.

Programme

4 sessions

Session 1

ADHD/ADD - Knowledge and self-understanding

The first session focuses on building a basic understanding of ADHD as a regulatory disorder and providing participants with a shared language for their challenges. It explores the relationship between symptoms, energy expenditure and daily functioning, helping participants to better understand their own response patterns and levels of strain.

We work with:

- A brief introduction to ADHD – psychoeducation as a foundation for coping
- Core symptoms: attention, impulsivity and hyper-/hypoactivity
- The “tired brain” and mental energy hierarchy
- ADHD and work life
- Conscious energy expenditure

Session 2

Balance in everyday life and energy management

This session focuses on energy management as a key competence in ADHD/ADD. Participants work on

understanding how demands, pace and emotional strain affect their energy levels, and how to prevent overload in everyday life.

We work with:

- Energy management in private and work life
- Three Circle Model (threat, drive, soothing)
- Stress and emotional regulation
- The traffic light model and other energy management tools
- Types of breaks and warning signs for overload

Session 3

Effective coping strategies and tools

The third session focuses on structure, task initiation and management of arousal. Participants are introduced to specific models that help translate knowledge into action in everyday life.

We work with:

- Structure, overview and prioritisation
- Planning using the staircase model
- Developing personal strategies
- Key coping strategies that work for many

Session 4

Strengthen and sustain

The final session consolidates insights and strategies from the programme. The focus is on strengths, sustaining progress and creating a realistic plan for continued coping in everyday life.

We work with:

- My ADHD/ADD toolkit
 - consolidation of personal coping strategies
- Compassion
- Strengthening what matters to you
- Communication about ADHD/ADD and individual needs
- Sustaining and developing progress

Key information

Provider: Aleris PP – Mental Health

Duration: 4 sessions of 2 hours

Format: Online

Target group: Adults with ADHD/ADD

Participants: Up to 8 people

Language: English



Psychologists and psychiatrists working together to improve mental well-being

Many people face challenges at some point in life that affect their mental wellbeing. Whether it is you, your child, or a loved one who needs support, our experienced psychologists and psychiatrists across Denmark are here to help.

At Aleris PP, these two professional groups work closely together to provide the most effective assessment and treatment, tailored to your individual situation and needs. This means you can feel confident that we can help, whether your concerns are relatively mild or more complex in nature.

We take the time to understand you and make it easy to access the support you need – from your first appointment through to the completion of your treatment.

Get in touch
Call 3637 2800
Visit aleris-pp.dk