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BLOG

Can't Concentrate? Questions to Ask Before You Guess

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Check in With Yourself

- Has focus slipped only recently?
- Have I been sleeping enough?
- Does it rise and fall with worry?

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Note for Your Evaluation

- When the trouble started
- Struggles you remember from school
- Every medicine you already take

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What You Can Do

- Ask about a careful evaluation
- Sudden confusion or weakness? Call 911
- Thoughts of suicide? Call or text 988

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Read the full article

Why Am I Having So Much Trouble Focusing? Causes Beyond ADHD

hopebehavioralmedicine.com

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General information, not medical advice. Your provider can tell you what is right for you. If you are struggling, call or text 988.