

Transcript — Hannah, age 16: Day in the life with ADHD

[**On-screen text:** Hannah's story]

[**Description:** Gentle piano music plays. A teenager with long brown hair and a dark blue sweatshirt sits on the floor in front of her bed.]

[**On-screen text:** Hannah, 16, ADHD]

Hannah: My name's Hannah Sefret.

[**Description:** Hannah tying a yellow ribbon into her hair. Transition to a low-angle shot of Hannah looking into a mirror while putting on makeup. Transition back to Hannah sitting in front of her bed, wearing wireless earbuds.]

I am 16 years old. I live in Maryland. I am diagnosed with ADHD.

[**Description:** Low-angle shot of Hannah in her bedroom, wearing a gray T-shirt and brushing her hair.]

There have been many times where my ADHD has left me like really upset or frustrated.

[**Description:** Hannah lying in bed, wrapped in a comforter, smiling at the camera. A laptop rests next to her on the bed.]

I will just skip out on homework and then it really drops my grade.

[**Description:** Hannah in her bedroom, her hair in pigtails, wearing a white shirt, speaking to the camera.]

And then like my parents make a fuss and then I get mad at them.

[**Description:** Hannah sitting in the living room in a brown leather armchair. She has a laptop on her lap and she's feeding pretzels to her dog, who's in the chair next to her. Close-up shot of Hannah's hand petting the dog's head.]

There's something I really don't enjoy, like say it's like history class, I'm not going to excel at it. It's just like a constant battle with my own mind.

[**Description:** Low-angle shot of Hannah in her bedroom, wearing a black tank top and speaking to the camera.]

It's like no one can exactly understand how I feel, which it — it gets lonely.

[Description: A low-angle, shaky shot of Hannah walking between two long bookshelves, holding a small mic close to her face.]

It's definitely really frustrating when like suddenly the class is over and I haven't heard a single word the teacher said.

[Description: Hannah sits at a kitchen table wearing a beige jacket, looking at a screen off-camera while eating a colorful snack from a clear container.]

Sometimes I get treated differently. People like talk down to me.

[Description: Low-angle shot of Hannah in her bedroom, with her hair down, wearing a white shirt, speaking to the camera.]

It's not just like spontaneous and fun and random and quirky.

[Description: In a bright, window-lit art classroom, Hannah holds up a painting of a person with blonde hair against a purple background.]

Hannah: There are a lot of good ways to like help me, like out in school.

[Description: Hannah holds up another painting, this one of a vintage-style fan against a yellow and blue background. Transition to a

close-up shot of Hannah doodling on a yellow sticky note with a red colored pencil.]

If I'm feeling really distracted, I can like always like doodle on my paper.

[Description: A close-up shot of Hannah's hands crocheting multicolored yarn.]

There's always like fidget toys, keep my hands occupied and stuff like that.

[Description: Low-angle shot of Hannah in her bedroom, her hair in a braid, talking to the camera. Transition to the dog walking slowly across a the floor toward the camera. Hannah's hand enters the frame and pets the dog.]

When I'm getting stressed out, I like to use box breathing, which I always find that really helpful to like calm me down when I'm feeling like really stressed out.

[Description: Hannah lying on her stomach on her bed, propped up on her elbows while talking to the camera.]

It's like our brains work differently and it's not really something I can change.

[**Description:** Hannah sits on her bed, wearing a gray T-shirt. She smiles at the camera while holding a small cloth doll.]

I'm managing, that's what matters.

[**Description:** Same scene, but now Hannah holds up a large, fuzzy, stuffed yeti toy, smiling.]

I'm going to make it through every single day.

[**Description:** Hannah in her bedroom, wearing a black tank top and looking at the camera.]

Yeah... Thank you for listening.

[**Description:** Hannah leans over to turn off the camera.]

[[Understood](#) sonic logo]