

What is ADHD?

ADHD is a neurodevelopmental condition that affects attention, motivation, and regulation. It is not laziness or a character flaw.

What Helps

- ✓ Structure with flexibility
- ✓ Externalise your brain (planners, notes)
- ✓ Movement breaks
- ✓ Body-doubling
- ✓ Breaking tasks into chunks
- ✓ Compassionate routines

Body-Doubling

Completing tasks alongside another person. Their presence offers gentle accountability and reduces overwhelm. Can be in-person or virtual.

What Doesn't Help

- ✗ Shame or pressure
- ✗ Vague instructions
- ✗ Over-scheduling
- ✗ Constant masking
- ✗ Poor sleep routines

Regulation Practices

Grounding: 5-4-3-2-1

Notice: 5 things you see, 4 you can touch, 3 you hear, 2 you smell, 1 you taste.

Box Breathing

Inhale 4, hold 4, exhale 4, hold 4. Repeat four to six rounds.

Notes & Reflections

What helps your ADHD brain feel supported?

What drains you?

What boundaries support your well-being?

One kind thing you could say to yourself today: