



12 Things I wished my doctor had told me about adult ADHD

- 1 Internal hyperactivity is more common amongst women** with ADHD. This often looks like restlessness, trouble sleeping, inability to switch your brain off & struggling to relax.
- 2 Most adults diagnosed with ADHD later in life have been diagnosed with other conditions** long before they find out they have ADHD. Anxiety & depression, eating disorders, addiction & sensory processing issues are all common.
- 3 Your working memory might make you think you have dementia.** Most women with ADHD report having challenges remembering things, such as: peoples names, what you just read or the reason why you walked into a room. This is a very common symptom of ADHD.
- 4 ADHD nervous systems are wired differently.** This means **you take on more information from the world around you** through your 5 senses. As a result you may experience **more overwhelm** as your brain works behind the scenes to process all the info & decide where to file it or how to respond.
- 5 People with ADHD have an interest based nervous system.** This means **you prioritise in order of interest**, rather than importance. You can utilise this by making tasks more novel, interesting, challenging or urgent.
- 6 Many ADHDers have low self-esteem** because they have been lead to believe there is something wrong with them. Experts estimate that by age 10 a child with ADHD has received 20,000 more criticisms than their peers. This criticism then becomes negative self-talk & impacts self-esteem.
- 7 Medication can be a big help for women with ADHD.** However, **medication alone is not enough.** Coaching, Cognitive Behavioural Therapy (CBT) & Counselling are also very beneficial. Thriving ADHDers take advantage of a variety of support.

8 There are perks (superpowers) that come with ADHD. For example: creativity, hyper focus, willingness to take risks & empathy. ADHDers make great entrepreneurs & there are many well known people thriving with ADHD - Simone Biles, Emma Watson, Sir Richard Branson, Whoppi Goldberg, Michael Jordan & Jennifer Lawrence... just to name a few!

9 People with ADHD have trouble regulating, processing & soothing their emotions. They often struggle with higher levels of frustration. This is called emotional dysregulation. Coaching & Therapy can help with this.

10 ADHDers can experience rejection sensitivity dysphoria (RSD). This means you may be highly sensitive to rejection or criticism & avoid certain situations or tasks where this could arise.

11 Hormones can have a significant impact on ADHD symptoms. Most women are diagnosed from age 35 onwards when their oestrogen levels begin to change. Symptoms become harder to mask or manage with previous coping strategies.

12 Healthy eating & exercise matters. Studies show that eating a high protein diet & foods high in L-Tyrosine can help the symptoms of ADHD. When exercising, pick something you enjoy, as you will increase the levels of dopamine you produce.

You don't have to do this alone & it's much easier when you work with a Coach or Therapist.

Lastly, with the right tools & support you can THRIVE with ADHD.

Hi! I'm Xena...
(aka the Queen of ADHD)

I'm on a mission to make thriving with ADHD less like a trip to the dentist... And more like a girls trip to Hawaii. 🍍

Come hang out with me on Instagram
[@Navigating.Adult.ADHD](https://www.instagram.com/Navigating.Adult.ADHD)

And subscribe to the [Navigating Adult ADHD](#) Podcast.

Navigating Adult ADHD with Xena
xenajones.com

