



Living with ADHD

Understanding ADHD

ADHD (Attention Deficit Hyperactivity Difference) is a neurodivergence that reflects a unique and dynamic profile of strengths, needs, and ways of engaging with the world. It is not a mental illness, but rather a particular way of processing information, experiencing energy, and interacting with environments.

People with ADHD often experience high levels of energy, creativity, and emotional sensitivity. Focus and attention may fluctuate, especially in environments that aren't designed with neurodivergent needs in mind. These differences can sometimes lead to challenges in work, education, and relationships, not because of a personal deficit, but because of a mismatch between an individual's needs and society's expectations.

Receiving an ADHD diagnosis can be a validating and empowering experience. It can open doors to tailored support, including evidence-informed medical, psychological, and practical strategies that help individuals thrive. Importantly, ADHD does not limit your potential to live a full, meaningful, and independent life.



Self-Esteem and Identity

Many people with ADHD have experienced moments of self-doubt or reduced confidence, especially when their natural ways of thinking and doing have been misunderstood or undervalued. It can feel like being “a raw nerve in the world,” deeply attuned to others’ emotions and reactions. But these sensitivities are not flaws, they are part of a rich and complex neurodivergent experience.

ADHD is not a disorder to be “fixed,” but a difference to be understood and embraced. Many people with ADHD discover that their unique perspectives fuel creativity, innovation, and empathy. Divergent thinking often leads to out-of-the-box solutions and imaginative ideas. Passion, enthusiasm, and kindness are common traits among those with ADHD.

Exploring how your life experiences have shaped your beliefs about yourself can be a powerful step toward healing and growth. A diagnosis may offer a new lens through which to reframe past challenges and recognize the resilience and strengths you’ve developed. Talking with someone you trust in a safe and affirming space can help you release limiting beliefs and embrace your neurodivergent identity with compassion and pride.



ADHD and Everyday Life

ADHD can influence many aspects of adult life, often in ways that are deeply interconnected. You may have reached a point where you're seeking clarity or answers, perhaps after a triggering event or a period of reflection.

Many people with ADHD report challenges in work and relationships, often linked to differences in executive functioning. This includes how we manage attention, solve problems, organize tasks, plan things and regulate actions. Working memory (our ability to hold and manipulate information in the moment) can also fluctuate depending on context and stress levels.

Life can sometimes feel overwhelming or chaotic, especially when sensory input and demands pile up. But this doesn't mean you're broken, it means your brain is processing a lot, often in ways that others may not see. There are tools, strategies, and supports that can help you navigate daily life with greater ease and confidence.

This set of resources was co-produced by a group of people with ADHD. The sheets are designed to share some simple tips and strategies that they have used to manage their daily lives, that allow them to operate at their best.