



Do You Leave The Cupboards Open?

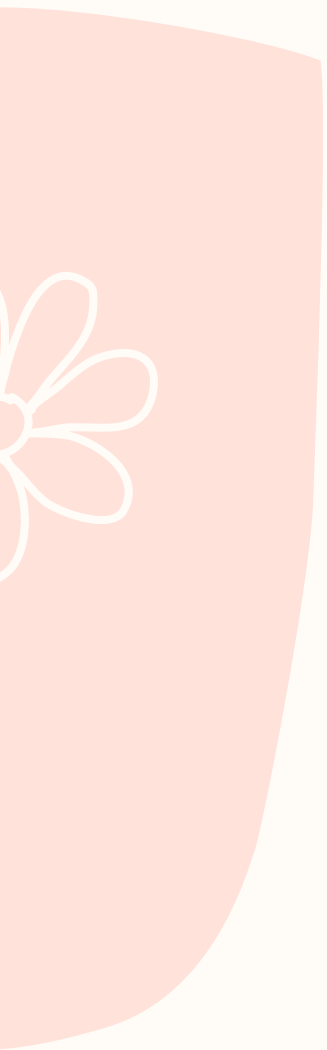
This project contains information geared toward women specifically, and has useful information for everyone!



My goal is to bring awareness to how ADHD can present itself, help you recognize it in yourself more easily, give you resources to make the search easier, and normalize your experience, because you are not alone!

In fact, some experts believe as many as 4-15% of people have ADHD.





When a new acquaintance told me that her two children had been diagnosed with ADHD, I was not surprised. But when she told me she had also been diagnosed, I was intrigued and curious.

As she described her symptoms, I was surprised to learn that that adults can have ADHD. I felt stunned: she was describing me!

I needed to know more.

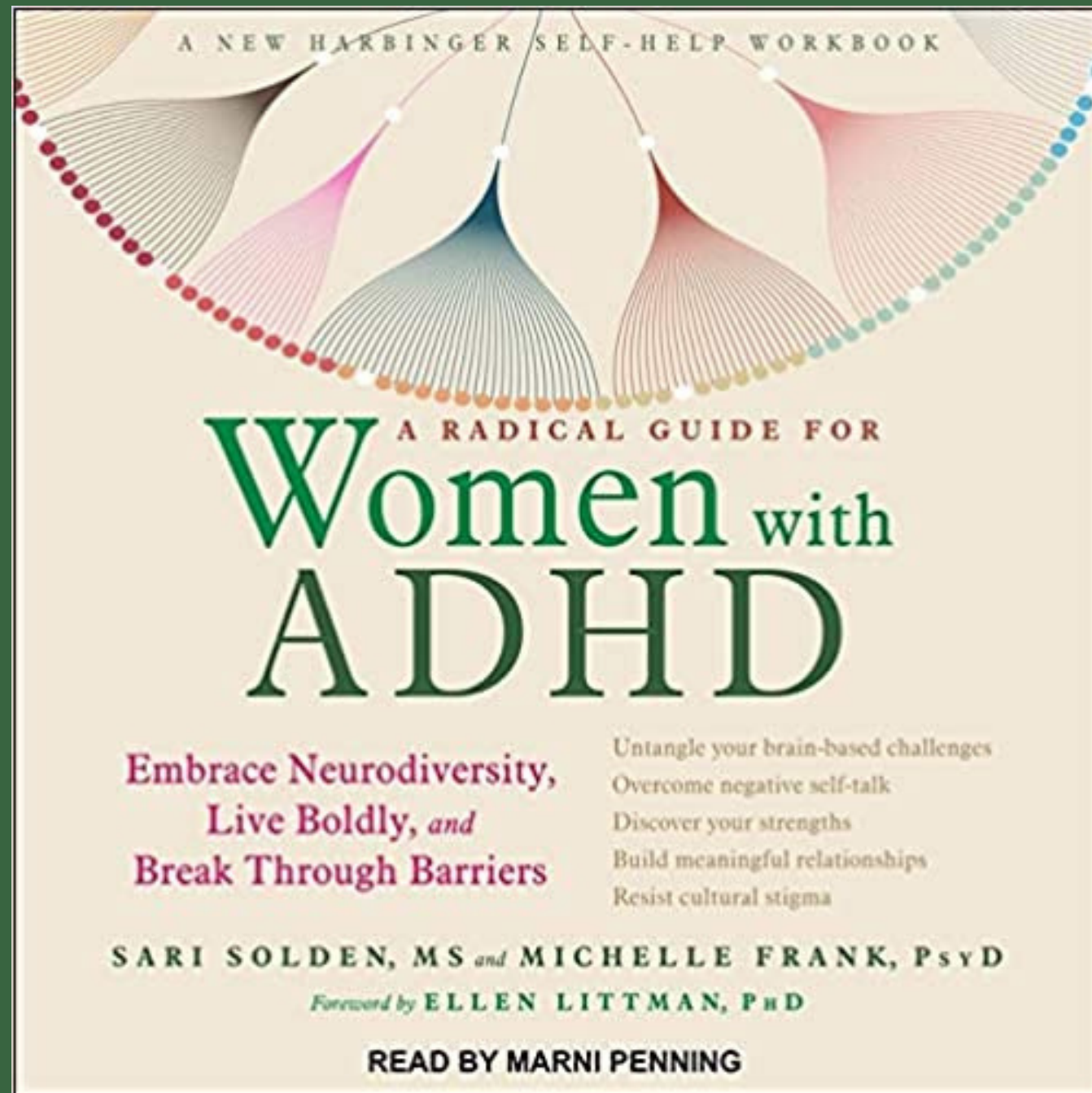
Could this be real?

She loaned me [Sari Solden's book](#)

As I read, I became convinced that I have ADHD and there was a reason for my challenges.


It was like a lightbulb went on and my life began to make sense.





Available on [Audible](#)

I was blown away by the similarities I read between myself and symptoms experienced by other women who have ADHD.



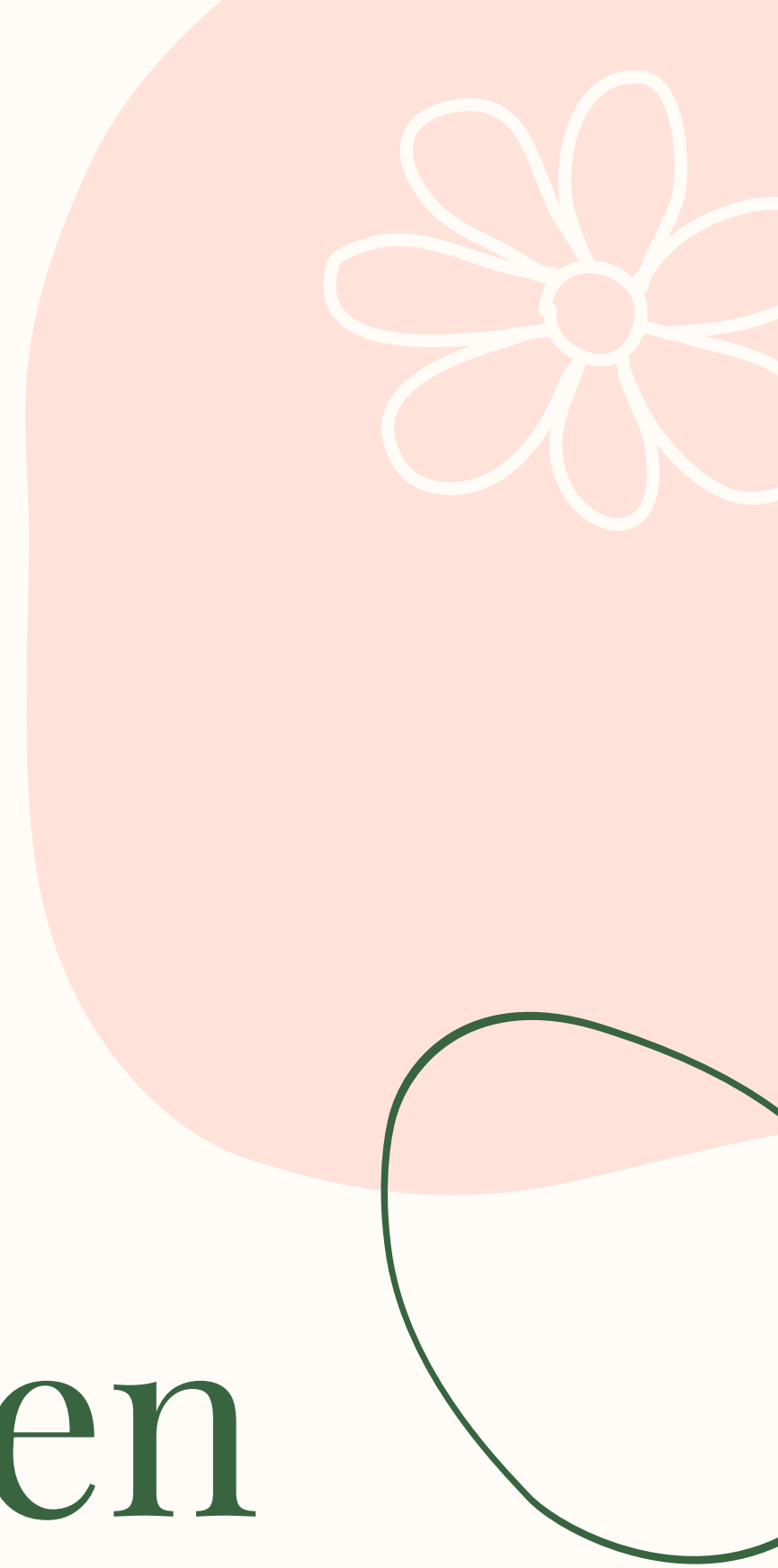
Why didn't anyone recognize my symptoms?

My parents knew I was "difficult," "moody," "too sensitive," struggled socially and in school, and was easily affected by my environment. Back when I was a young child, ADHD was less understood, especially in girls.





How ADHD Gets Missed in Girls and Women






The hidden world of girls with ADHD was mostly unknown until recently.

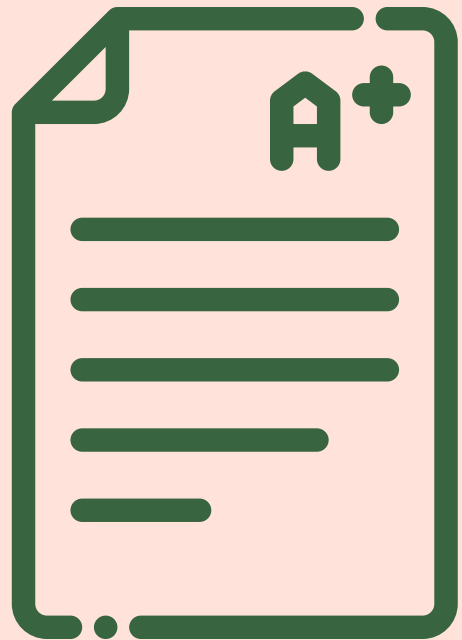
Join me in spreading the word!

ADHD IN WOMEN THE HIDDEN DISORDER

AND NOT AS APPARENT

WHY FEMALE SYMPTOMS SLIP THROUGH THE DIAGNOSTIC CRACKS

- 
- GIRLS ARE OFTEN LESS HYPER AND EVEN APPEAR SHY
 - GIRLS LEARN COPING SKILLS QUICKLY
 - ADHD IS HERITABLE, AND IF YOUR PARENTS WERE NOT DIAGNOSED, THEY MIGHT SEE YOUR CHALLENGES THE SAME WAY THEY SEE THEIR OWN, THEREBY ASSUMING IT'S NORMAL
 - PARENTS MAY BECOME YOUR EXECUTIVE FUNCTION, PREVENTING YOU FROM REALIZING YOUR VERY OWN EF CHALLENGES.
 - GIRLS ARE FREQUENTLY GOOD IN SCHOOL



WANT TO BE PART OF POSITIVE CHANGE FOR WOMEN? LET'S MAKE SURE WE TALK ABOUT OUR DIAGNOSIS WITH THOSE WE TRUST SO THAT HEALTH CARE PROFESSIONALS UNDERSTAND HOW ADHD SHOWS UP FOR US!

Invisible Skills



You have learned to cope with the demands in your life and have developed coping skills that hid your ADHD from your parents, teachers, doctors and therapists. This can be called Masking when you feel you need to be other than who you are.

Coaching helps you to see the ways you adapted to your own ADHD challenges.





COPING SKILLS SUCH AS:

- creating a positive living and work environment
- using a planner that works for you
- finding a supportive community
- spending time with animals
- becoming self employed
- using your creativity
- exercising
- fidgeting
- healthy eating
- self care and fun
- minimalist lifestyle
- getting enough sleep



Comorbid Diagnosis

At least 60% of people diagnosed with ADHD have been diagnosed with something else, and for women the number is even higher, including anxiety, depression, Autism Spectrum Disorder, suicidal behavior, substance abuse, Oppositional Defiant Disorder, learning disabilities, behavior problems, and Highly Sensitive Person.





By Accident

Often women are diagnosed with ADHD when one of their children is diagnosed.

As she educates herself about ADHD to learn more about how to help her child, she recognizes the symptoms in herself!



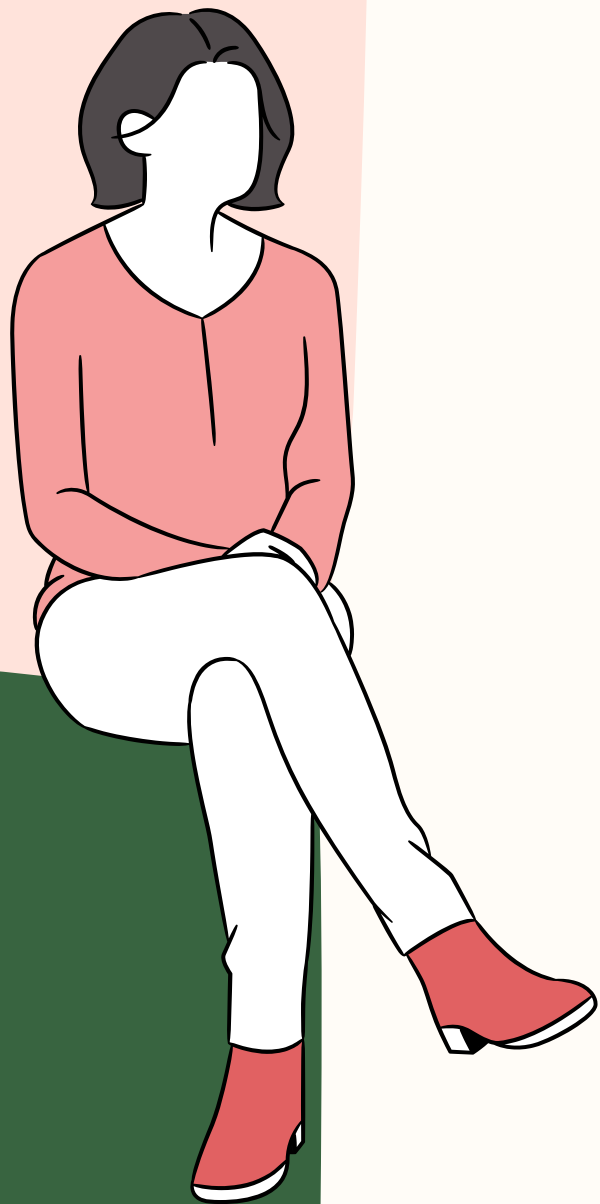


Some believe you outgrow ADHD

BUT MOST PEOPLE DON'T

UNFORTUNATELY that isn't known by many
doctors, therapists, psychiatrists, teachers, and
other experts

"ADHD is a neurobiological disorder that is
highly heritable. Someone gave it to you
through their DNA." David Giwerc



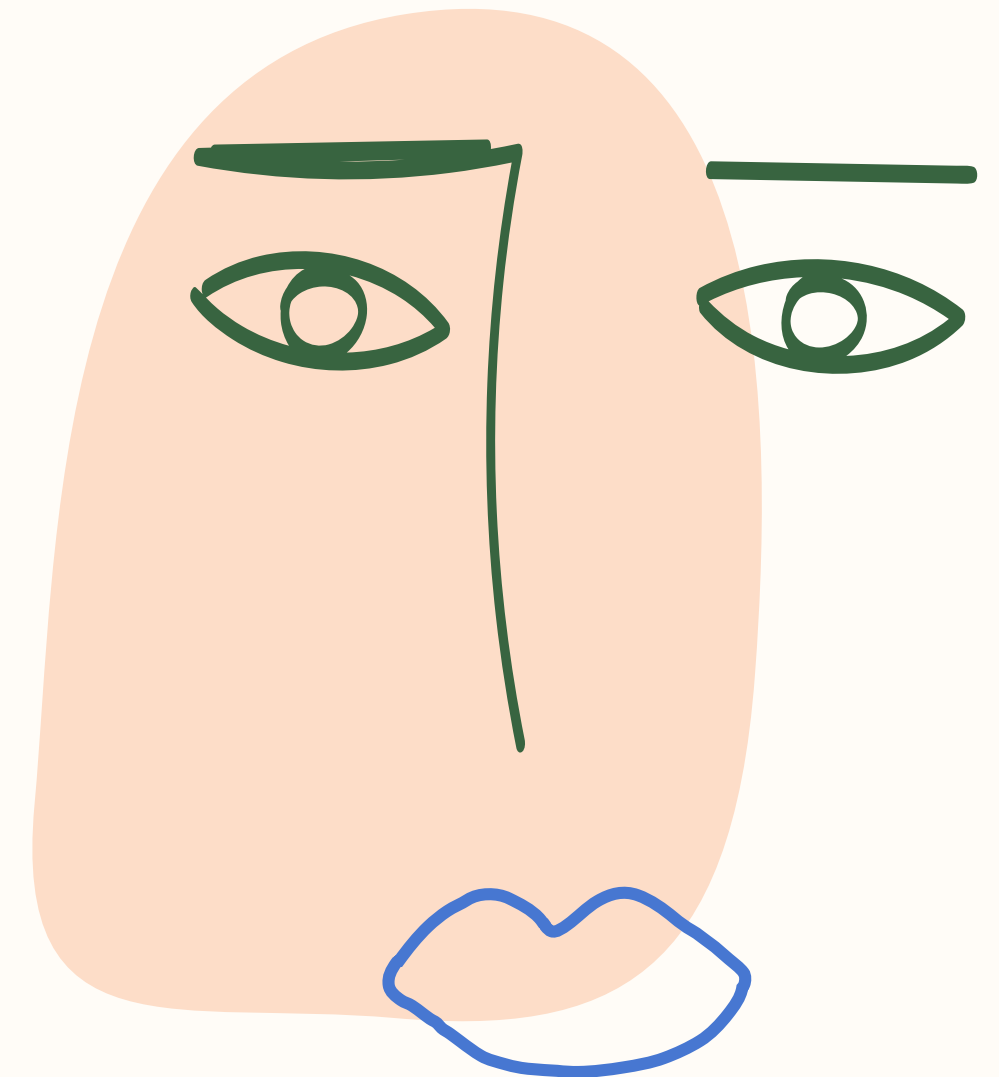
Disorder or Difference?

- There are differences in brain development.
- The way they focus is different.

What if ADHD is a wiring difference that has been part of human existence and that neurodiversity is necessary for every society? It seems to me that some of the most brilliant people are neurodiverse. What if we all need to learn how to focus on strengths and what we each offer the world?

Likely had ADHD

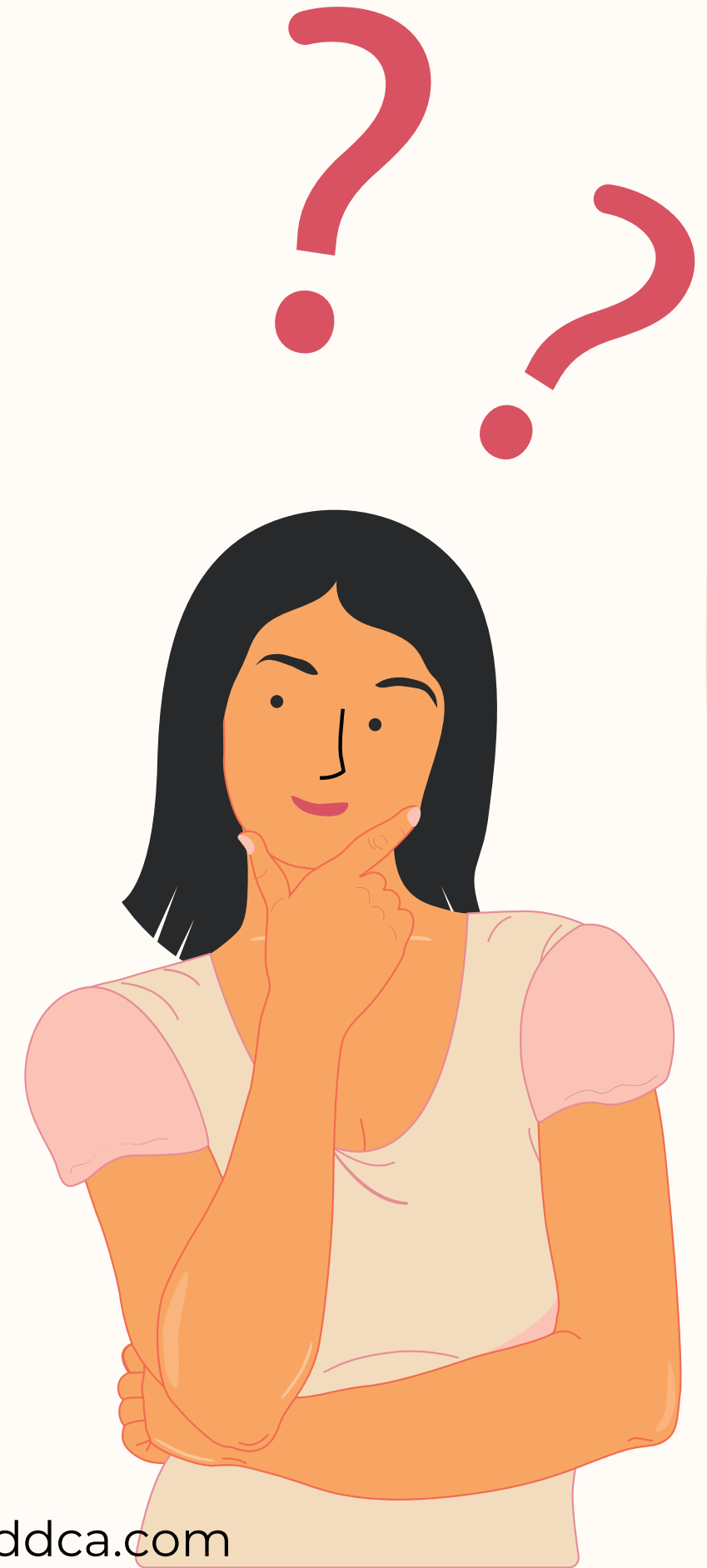
- Leonardo da Vinci (1452-1519) ...
- Alexander Graham Bell (1847-1922) ...
- Thomas Edison (1847-1931) ...
- Pablo Picasso (1881-1973) ...
- Agatha Christie (1890-1976) ...
- Babe Ruth (1895-1948) ...
- Muhammad Ali (1942-2016) ...
- Mozart (1756-1791)





You know that feeling
when you walk into a room
and forget why you're there?

ADHD can feel like that,
only all day, every day.



Who knew ADHD can show up like this?

Take note of these signs and symptoms on the next several slides that resonate with you and add them to your Personal Operations Manual! (Explained later)



This list is meant to encourage you by showing you that you are not alone because others experience these signs and symptoms too!



Are you Forgetful?

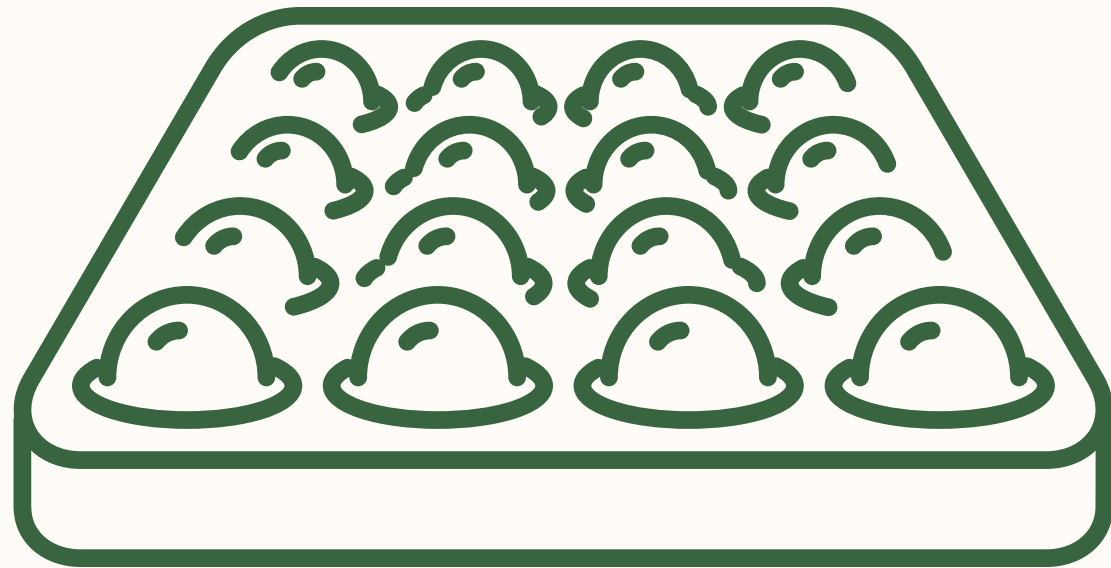
It isn't early dementia.

[Working memory](#) is the culprit!

Another reason we are "forgetful", is that we are always thinking, which means we are often **not** paying attention to what we are doing. We set our keys down while our thoughts are occupied, essentially "forgetting" where we put them.

Do you fidget?

It's a way to sooth and adds focus. What are your fidgets the keep you focused?



TAPPING
HAND PLAY
GUM BITING
LEG SHAKING
NAIL PICKING
HAIR TWIRLING
FOOT TAPPING
PEN CLICKING
CHEEK BITING
SKIN PICKING



Do you have sleep issues?

These challenges include bedtime revenge, feeling wide awake at night, sleep late, trouble feeling awake, frequent waking and insomnia.

This can be a result of an active mind, being hyperfocused, rumination, sleeping late, and family culture. Check out [Nothing Much Happens!](#) Bedtime stories for adults.





Do you resonate with signs and symptoms on the next several slides?

- IDEA PEOPLE
- TIME BLIND
- CLUMBSY
- CURIOUS
- INTERRUPT
- UNFILTERED
- TALKATIVE
- OVER SHARE
- LEAD FOOT
- OFTEN RUNNING LATE



- ARE SENSITIVE
- APPEAR SHY
- EMPATHETIC
- OFTEN TIRED
- ALWAYS THINKING
- DON'T REMEMBER NAMES
- TOLD THEY ARE TOO SENSITIVE
- DIFFICULTY MAKING DECISIONS
- OVER PROMISE AND UNDER DELIVER
- KEEP ALL THE STUFF BECAUSE EVERYTHING IS A POSSIBILITY

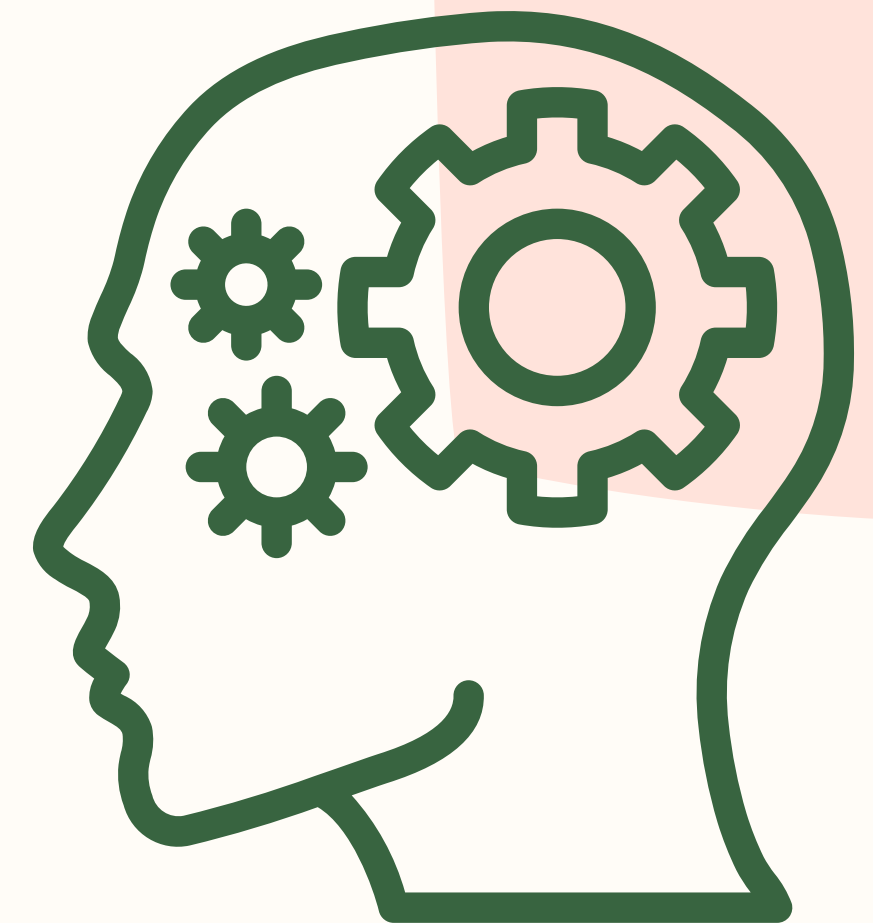


- BECOME ENTREPRENEURS, ARTISTS, DESIGNERS, PHOTOGRAPHERS, WRITERS
- MAKE PLANS AND IMMEDIATELY REGRETTING MAKING PLANS
- OFTEN LOOK YOUNGER THAN THEIR AGE
- NEED FLEXIBILITY AND FREEDOM
- PICK AT CUTICLES OR SKIN
- IMPOSTER SYNDROME
- LOSE TRACK OF TIME





- FIND MONEY YOU FORGOT ABOUT IN COAT POCKETS
- FEEL OVERWHELMED IN GROCERY STORES
- FORGET THE GROCERY STORE LIST
- FEAR YOU ARE TOO MUCH AND NOT ENOUGH
- LARGE MENUS ARE HARD TO CHOOSE FROM
- WASH LAUNDRY AND FORGET TO DRY IT
- FIND IT DIFFICULT TO FOLLOW RECIPES
- FORGET AN INGREDIENT IN A RECIPE
- ADDICTED TO EXERCISE
- HARD ON YOURSELF
- LOVE TO PUTTER



- DISORGANIZED
- HAVE PILES OF PAPERS
- TRIED ALL THE PLANNERS
- IF YOU CAN'T SEE IT, IT DOESN'T EXIST
- OVER PACK OR UNDER PACK FOR TRIPS
- BOREDOM IS MENTALLY AND PHYSICALLY PAINFUL
- OFTEN LOSE OR MISPLACE YOUR PHONE, KEYS, JACKET
- DON'T LIKE TO BE TOLD WHAT TO DO



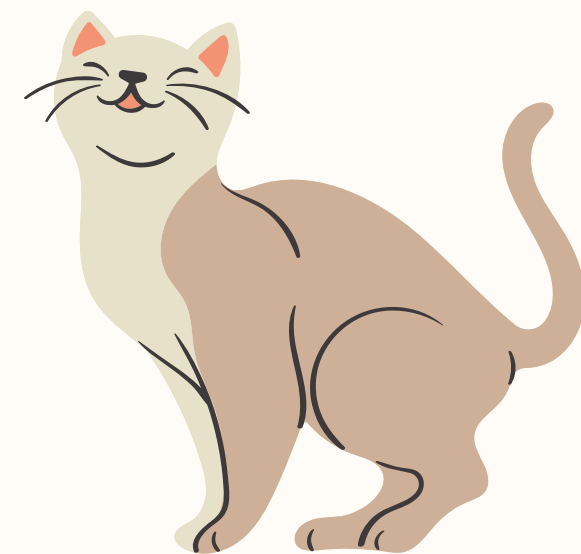
- PAY BILLS LATE
- FORGET TO EAT
- SPRINT AND RECOVER
- FORGET TO TAKE MEDICATION
- OWN BOOKS BUT DON'T READ THEM
- DON'T LIKE TO BE TOLD WHAT TO DO
- PUT A LOT OF PRESSURE ON THEMSELVES
- HAVE LOTS OF PROJECTS STARTED BUT NOT FINISHED



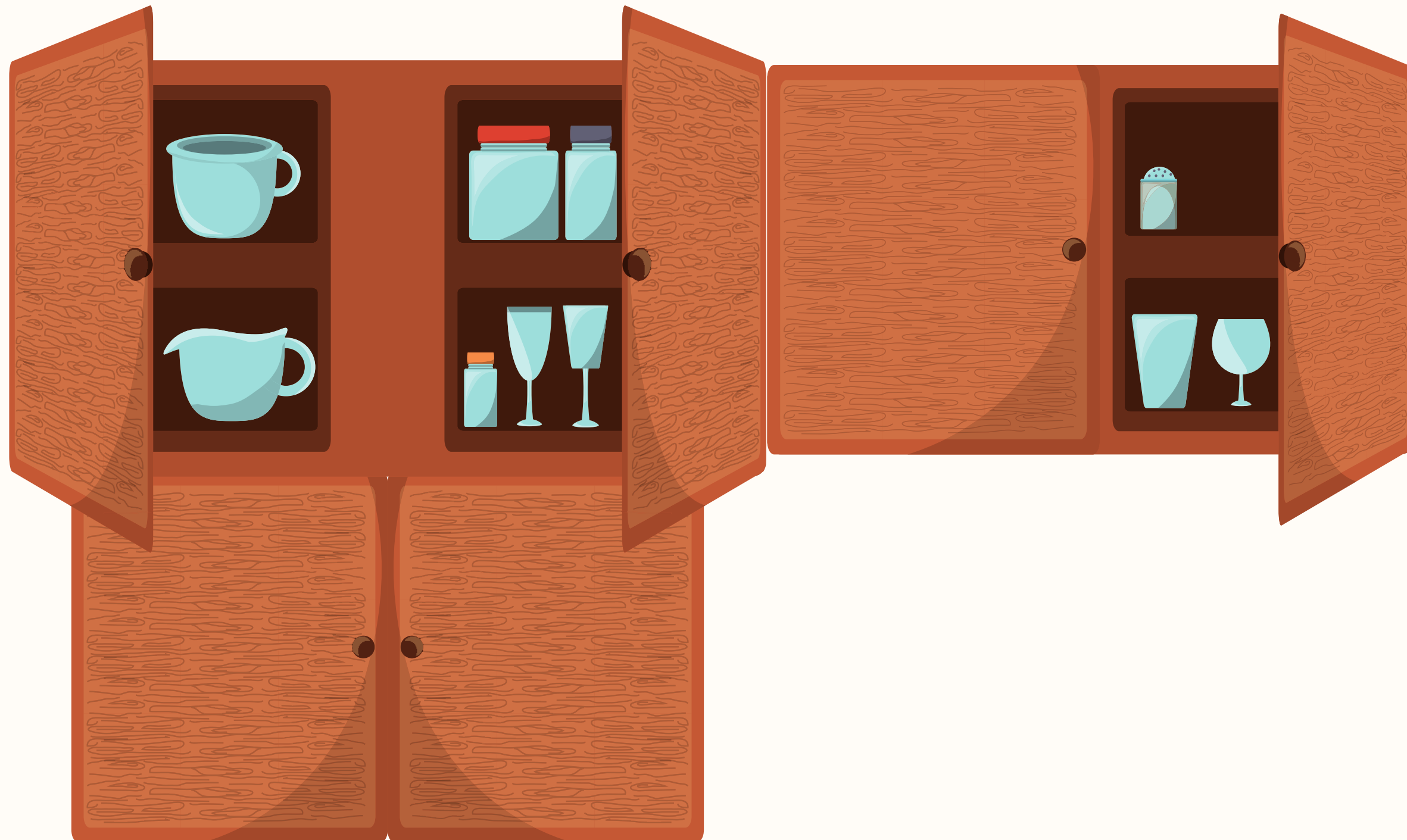
- MANY INTERESTS, GET BORED, THEREFORE, LOTS OF UNFINISHED PROJECTS
- SELF SOOTH WITH DRUGS, ALCOHOL, GAMBLING OR EXERCISE
- FEEL THEY AREN'T MEETING THEIR POTENTIAL
- ADHD BRAIN NEEDS MORE SLEEP
- GOOD IN AN EMERGENCY
- HYPERFOCUS ON A TASK
- INNER RESTLESSNESS
- JACK OF ALL TRADES
- RUMINATE



- DIG THROUGH THE TRASH FOR THE FOOD BOX I JUST THREW AWAY BECAUSE I ALREADY FORGOT THE DIRECTIONS
 - CONNECT ESPECIALLY TO ANIMALS AND PLANTS
 - BUY GIFTS AND CARDS ON TIME BUT NEVER SEND OR GIVE THEM
 - INTERRUPT FOR FEAR THEY WILL FORGET THEIR THOUGHT
 - WILL DO ANYTHING EXCEPT THAT IMPORTANT TASK THAT FEELS HARD
- OFTEN BECOME MEDICS, FIRE FIGHTERS AND EMERGENCY ROOM MEDICAL STAFF



Do you leave the cupboards open?





Imagine two magnets pushing away from each other. ADHD can feel like that when a task feels daunting, you are overwhelmed or need help.

When you're interested in something, a task feels doable, easier, more fun, and you might feel drawn to it the same way that magnets are drawn to each other.



The Power of the Pause

As you can see, not all ADHD signs and symptoms are challenges.

When we face challenges , we can use The Power of the Pause to stop, slow down, and pay attention to what we are paying attention to.

Talk to your coach about how to use the pause to improve emotional regulation, self-restraint, and how you can use the pause to empower yourself.



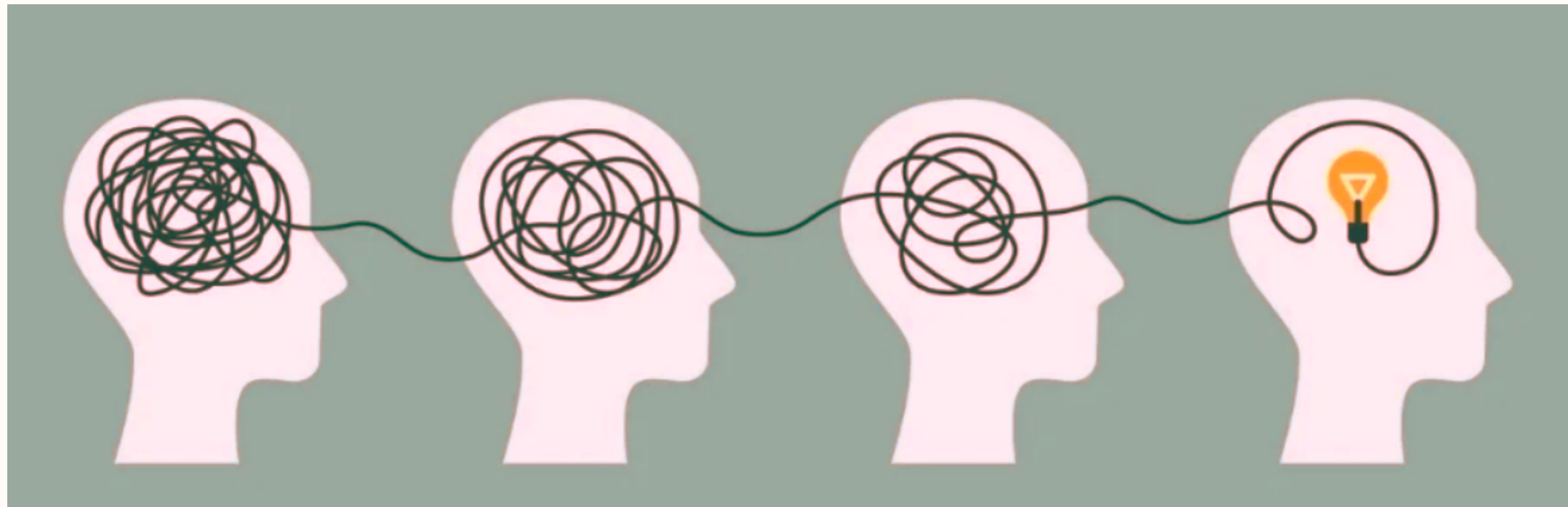


From Relief to Grief... And Back Again

When a person experiences the realization that there is a reason for what has been "wrong with them" their whole life, there is a sense of relief that fills your being.

But that relief quickly turns to grief as you quickly realize that life may have been so different if you had only known.

Now What? Begin to untangle...



- **EDCATE YOURSELF**
- **FIND A SUPPORT SYSTEM**



Resources and tools to experiment with

What would be different in your life if you found the support you need?

There are support groups, books, podcasts, classes, Youtube videos, meetups, websites, coaching, games, strategies, apps....

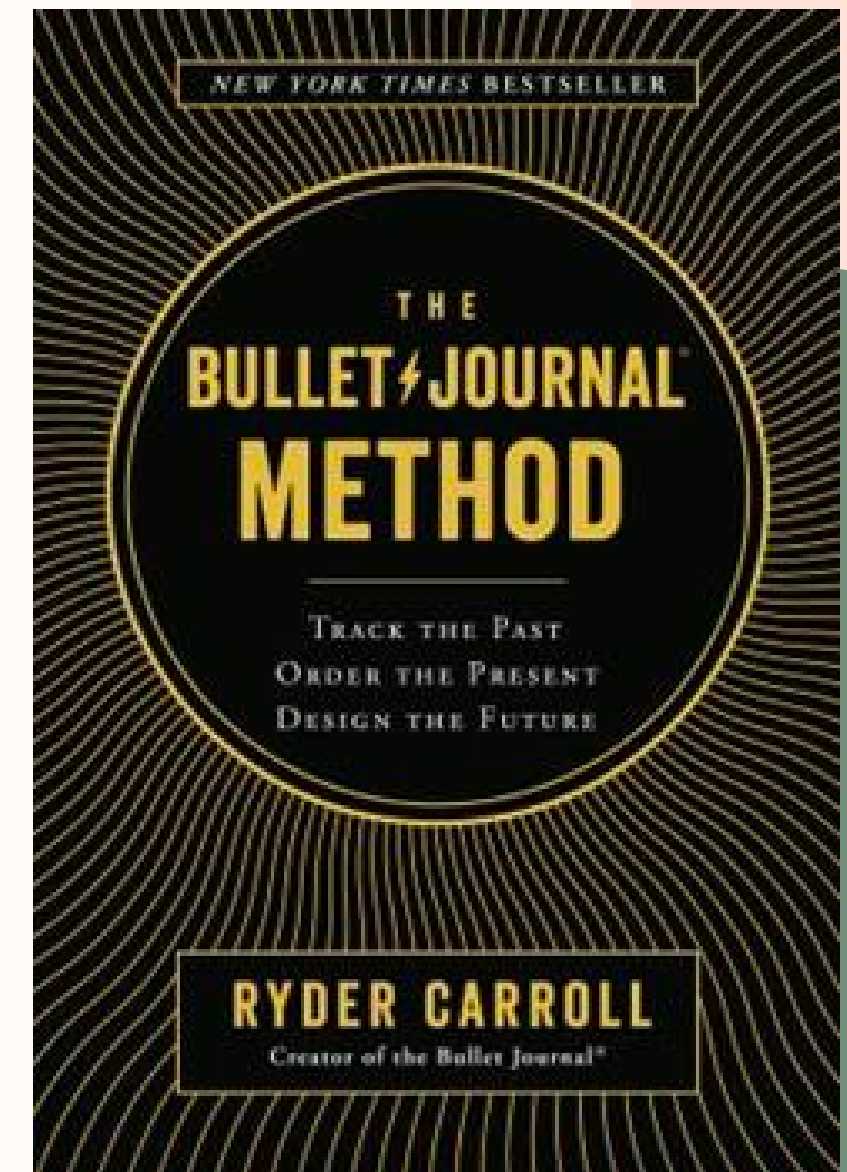


Customizable Planner

[The Bullet Journal Method](#): Ryder Carroll wrote this book for frustrated list-makers, overwhelmed multitaskers, and creatives who need some structure. This is the only planner I have stuck with!



Watch the video to learn about how to create a **COLLECTION** so that you can get started on your own Personal Operations Manual.



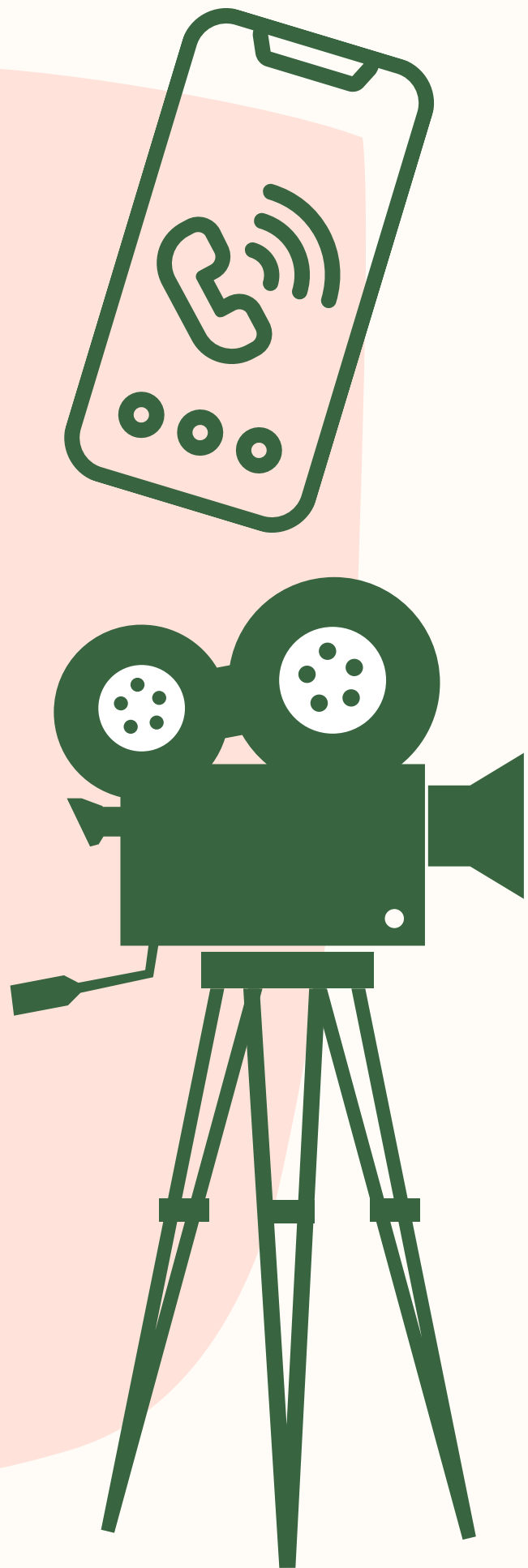
Create your own Personal Operations Manual (POM)

GRAB YOUR FAVORITE JOURNAL OR MODE OF DOCUMENTING IMPORTANT INFORMATION.



- Your Personal Operations Manual is one place to keep a record of anything and everything that adds to your well being, facts you discover about your ADHD, quotes, your Dopamenu, and is a place to document and remind you of what works for you.
- Leave a few blank pages in the beginning for your index.
- Add significant pages to your index by noting the page number.
- Next, create a reverse bucket list: satisfying moments, wins, and anything you're proud of, where you can say "I did that!"
- See the Bullet Journal Video video for how to create a "Collection."





Other pages to add to your POM are reminders of your favorite quotes, books, websites, tv shows, comedians, list of people to call, and physical activities you like to do.

Really, it's to remind you of anything you can use to lift you up when those moments surface.



The Dopamenu



When your ADHD brain needs to get moving on something or you need a way to feel better and increase dopamine, your Dopamenu will be your reminder of what works for you! You can add your own Dopamenu as a "collection" in your POM (Personal Operations Manual)

Sample Dopamenu

Get Present

Play with puppies/cats
Weed the garden
Propagate plants
Create
Get outside in the sun

Feel better

Call somebody
Putter
Write about it
Instagram reels
Get outside
Listen to Brook and Jubal

Energy gainers

Exercise
Dance
Play some music I Like
Healthy snack
Have a cup of coffee

Extras

Fidgets
Twirl hair
File nails
Organize something
Read my list of wins

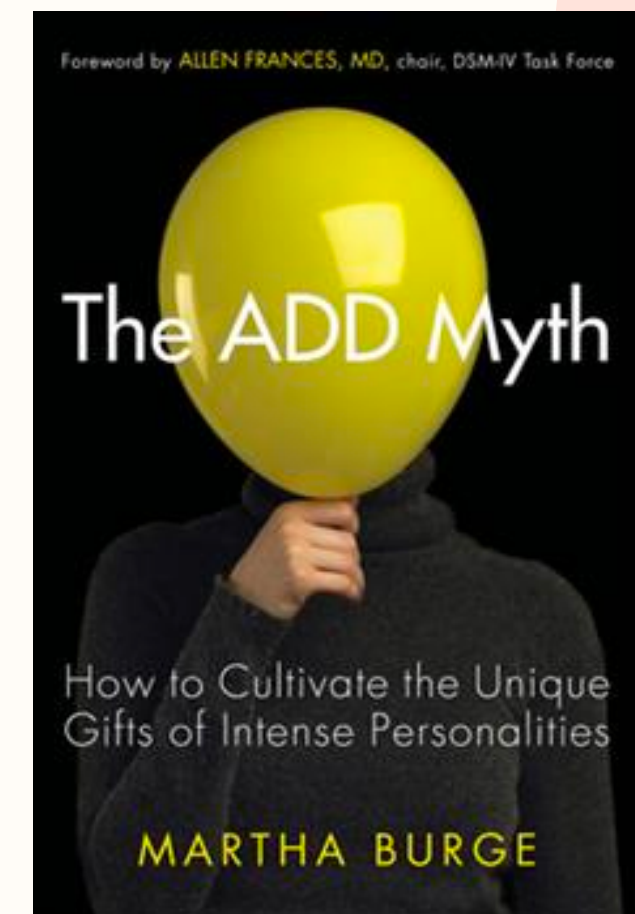
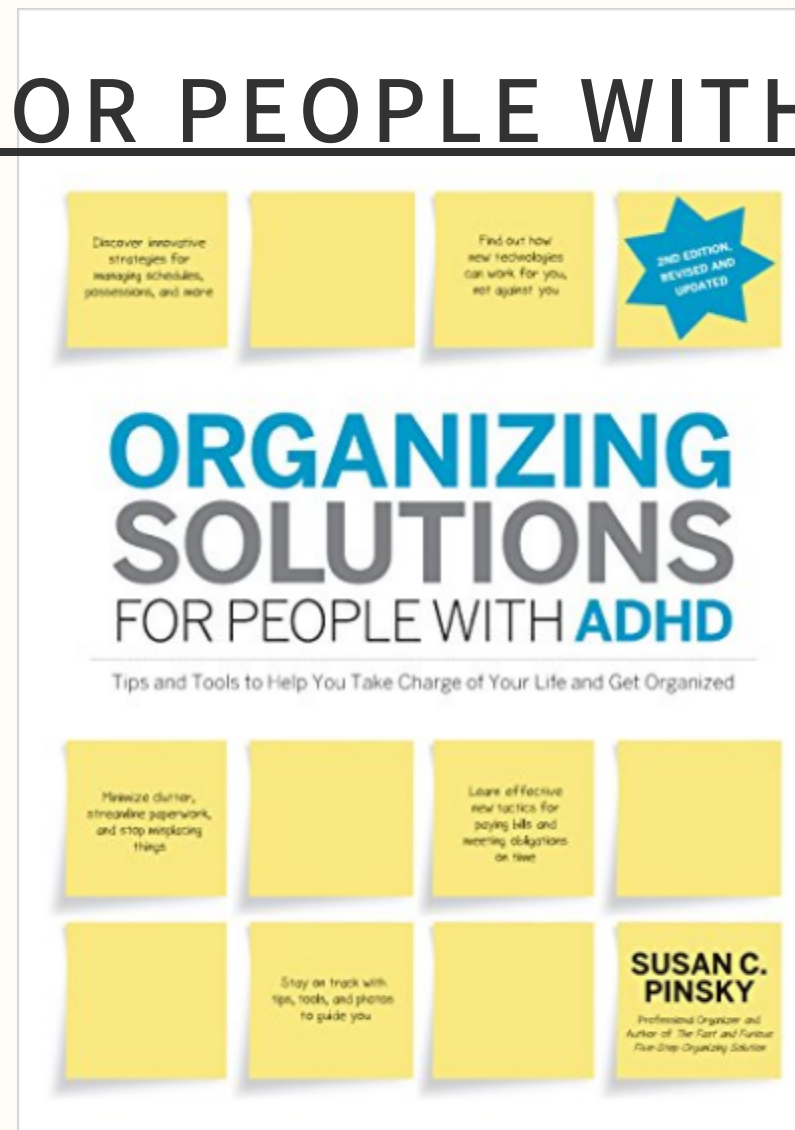
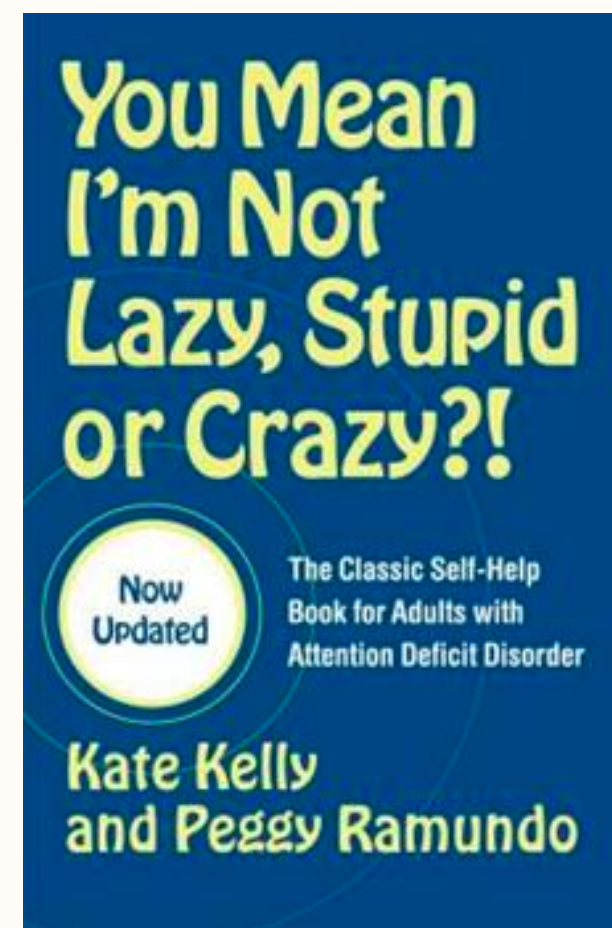
Recommended reading

ADHD 2.0

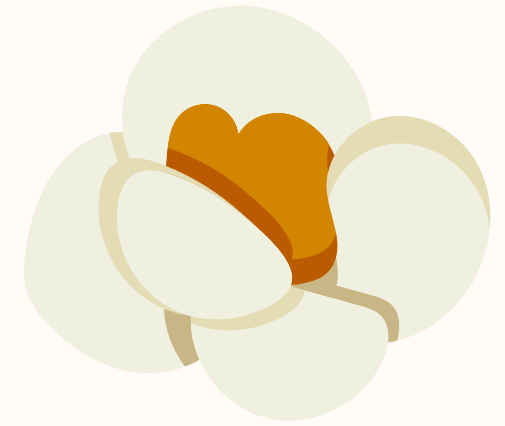
YOU MEAN I'M NOT STUPID LAZY OR...

THE ADHD MYTH

ORGANIZING SOLUTIONS FOR PEOPLE WITH ADHD

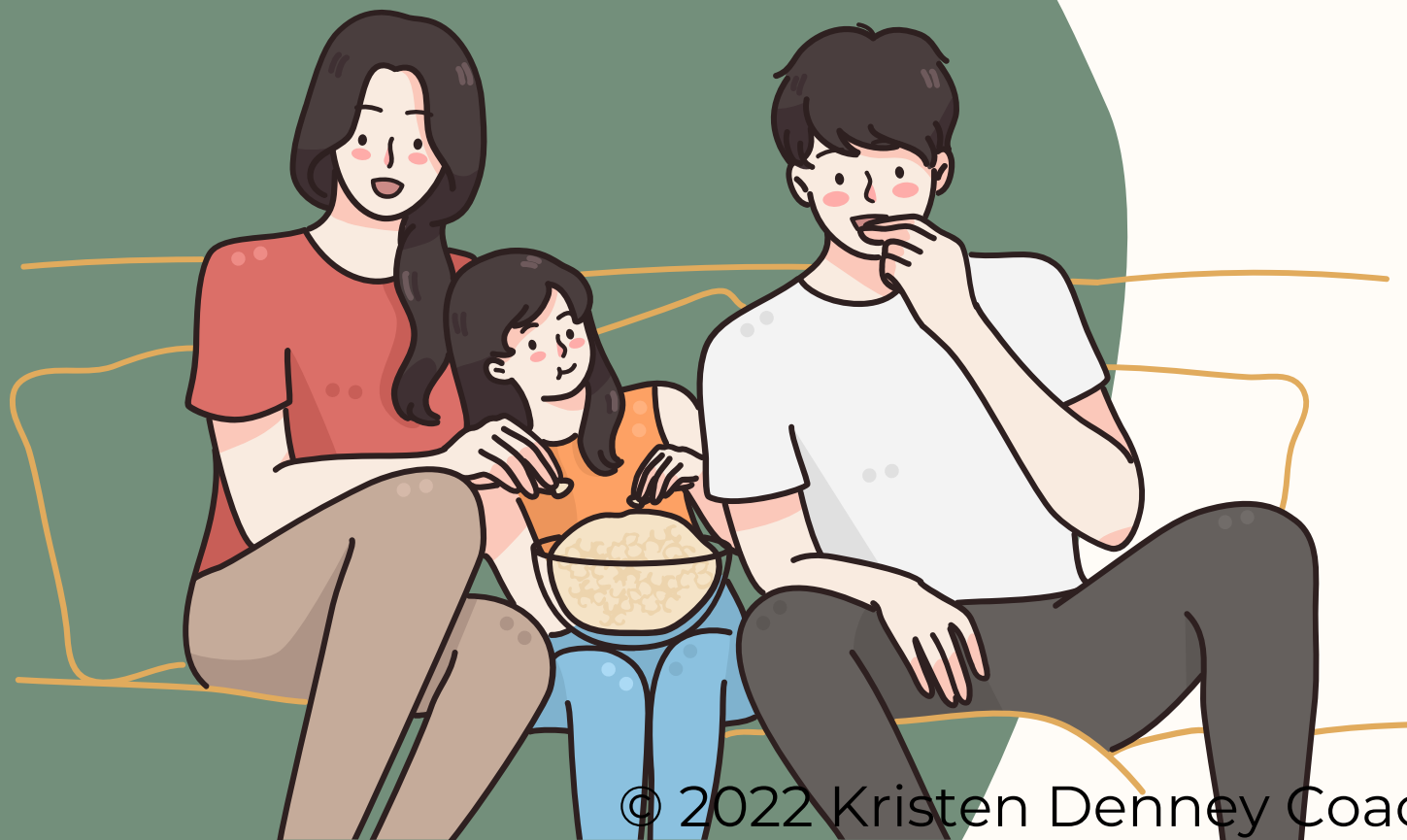


Movie and Popcorn



The Disruptors

This movie is worth the time and reveals the positives of ADHD



Websites for clues about ADHD



Do You Have ADHD?

01

- Symptoms and Diagnosis of ADHD: [DSM-5 Criteria for ADHD](#)

02

- [Adult ADHD Self-Report Scale](#): ADHD Symptom Checklist

03

- [ADHD Symptoms and Tests](#): Inside the ADHD brain, symptoms manifest differently in girls vs. boys, children vs. adults, and within the 3 types of ADHD: inattentive, hyperactive, and combined. Here, find ADHD symptom tests for all of the above, plus quizzes for related conditions like ODD, autism, OCD, learning disabilities, rejection sensitive dysphoria, and more.

[Additude Magazine](#)



ACCREDITED ADHD & LIFE COACH TRAINING PROGRAM

SIMPLY ADHD AND PERSONAL TRANSFORMATION

I took these life changing courses as part of my coach training but they are both available to anyone who is interested in understanding their own or someone else's ADHD.

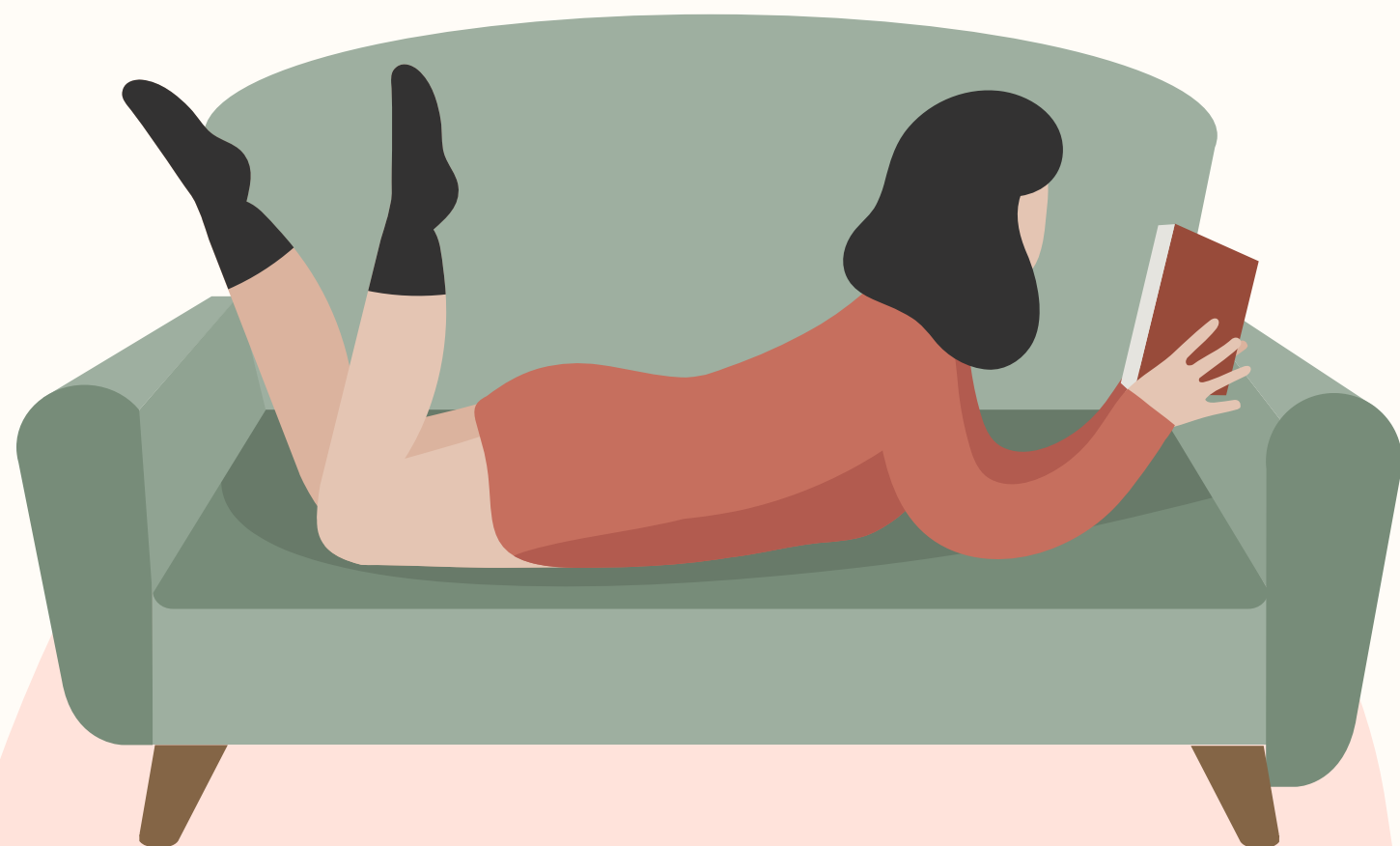
You'll meet people who you will know for life!



ADDitude Magazine

YOU CAN SEARCH FOR ANY ADHD OR
NEURODIVERSITY RELATED ARTICLE
YOU CAN THINK OF!

[ADHD SELF TEST FOR WOMEN AND GIRLS](#)



Chaad

ARTICLE ABOUT WHY WOMEN ARE OFTEN
DIAGNOSED LATER IN LIFE



Children and Adults with Attention-Deficit/Hyperactivity Disorder



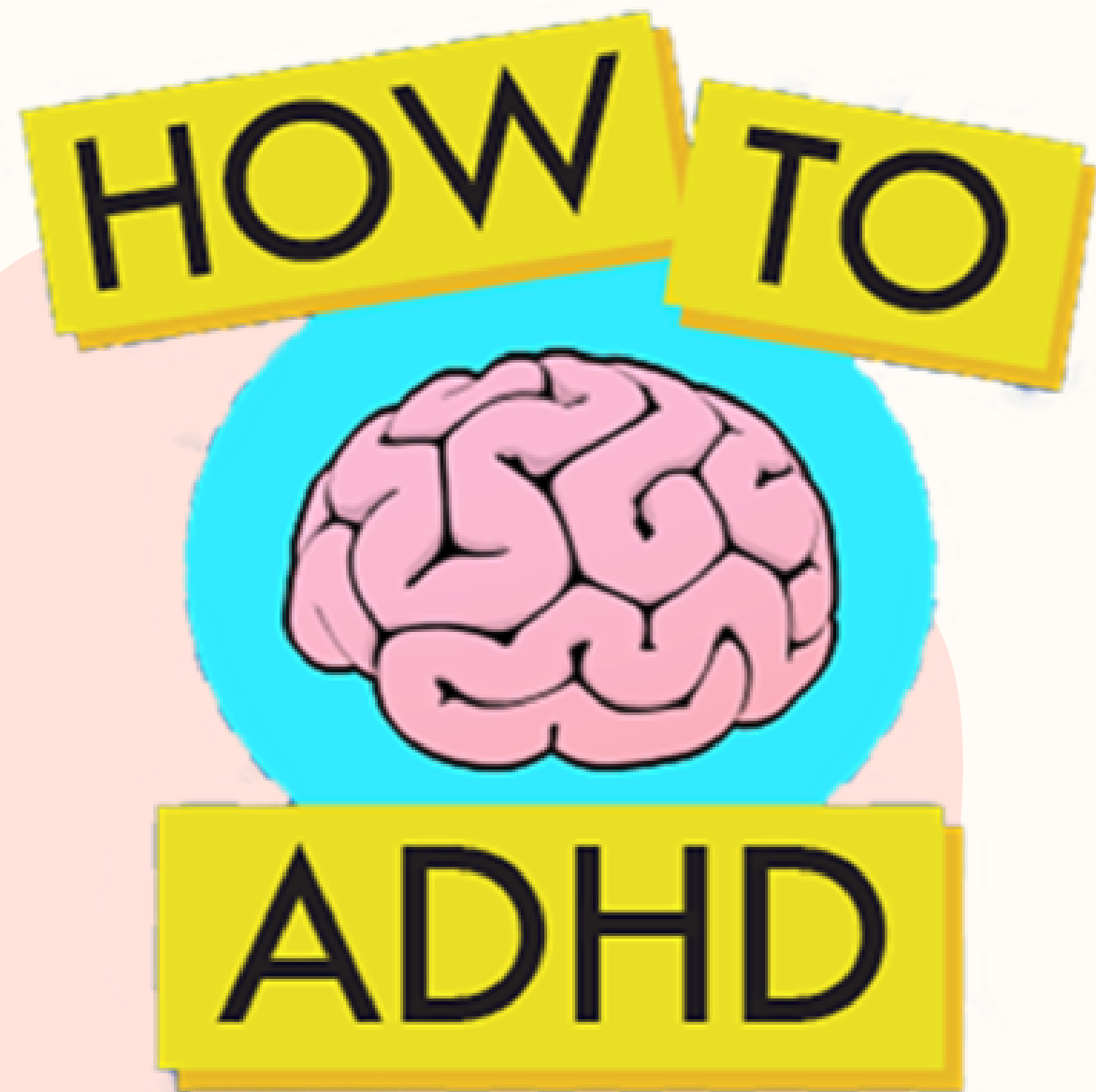
WHAT IS A COACH?

You can find one on these sites!



ACCREDITED ADHD & LIFE COACH TRAINING PROGRAM





How to ADHD

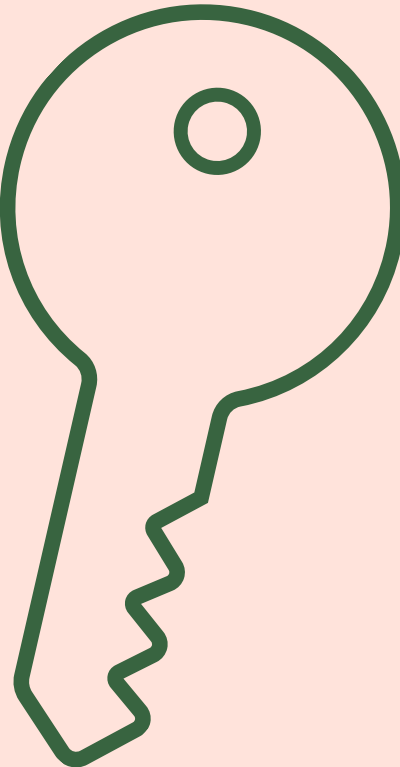
NEURODIVERSITY UNIVERSITY

Jessica McCabe, creator of [How To ADHD](#), has an enthusiasm that is contagious and you can learn about your ADHD brain from her many videos!



When I took the [VIA Character Strengths Survey](#), I realized that the strengths identified were undeniable. A couple of years later, I spot my top strengths in the meaningful and easy parts of life.

ADHDers can be hard on themselves, so understanding their innate strengths is key.

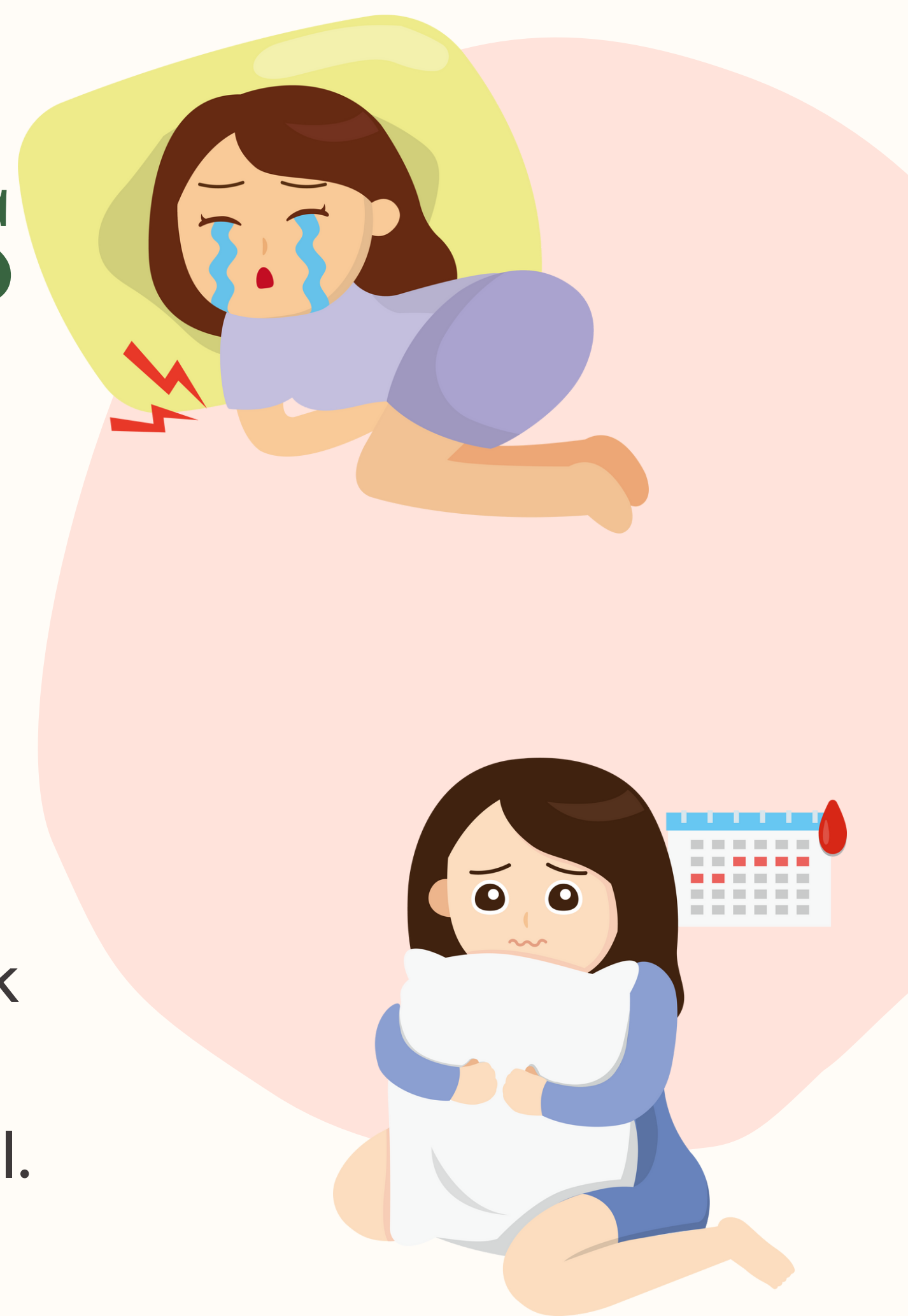




Hormones

It's useful to know that hormones can increase your ADHD symptoms. Women with ADHD can be diagnosed with [PMS](#) and [PMDD](#).

[Educating yourself](#), keeping track of your cycle, and increasing support during this time is helpful.





Groups

- [Focussed Femmes](#)
- [Beautiful Mayhem](#)
- [ADHD for Smart Ass Women](#)
- [Additude ADHD Support Group for Adults](#)



Metaphors

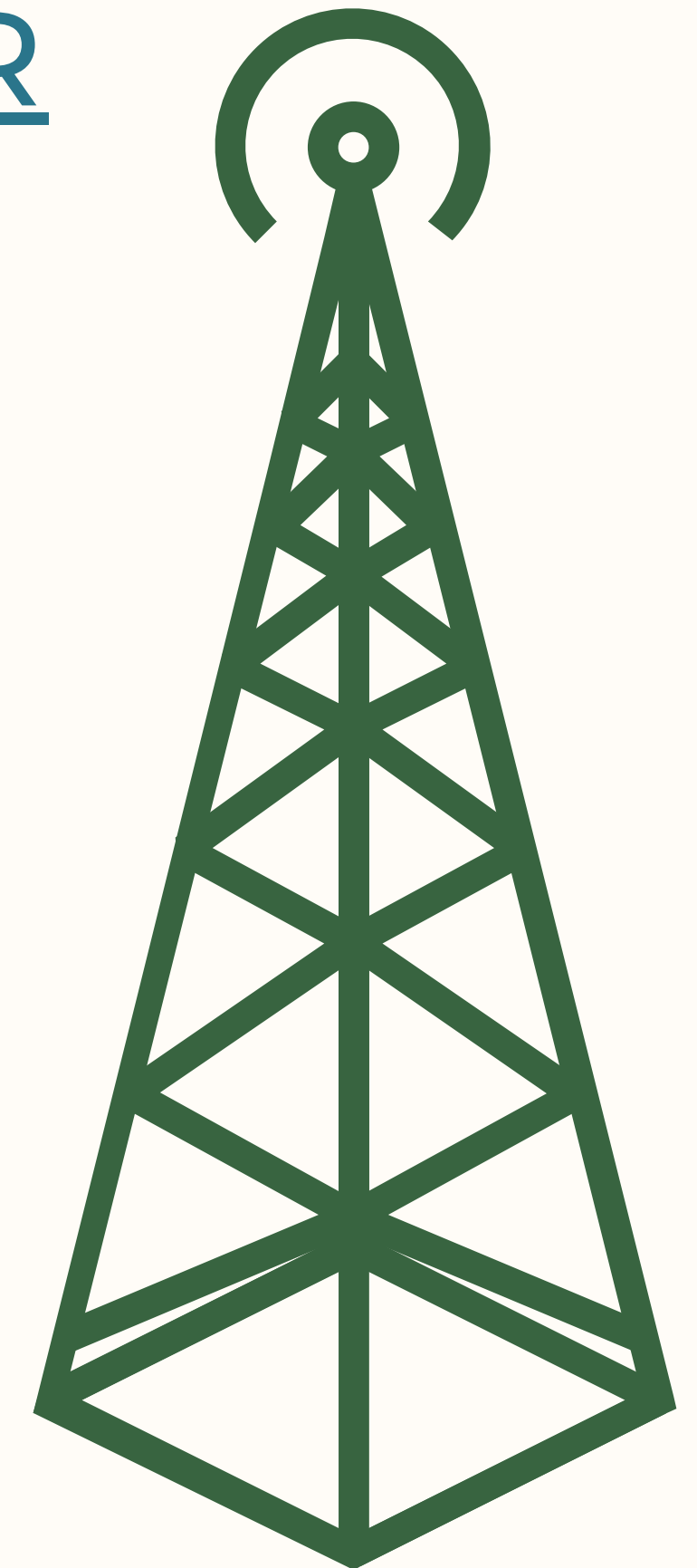


This is a great metaphor for how late diagnosis can feel.

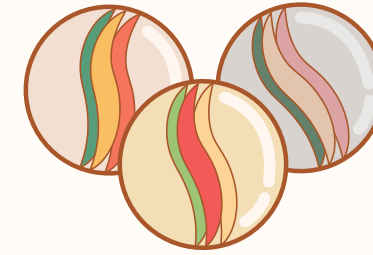
You'll need TikTok to view this one.



THE TINY FROG METAPHOR



Marble Metaphor



I found this Facebook post when I first learned about my ADHD and took a screenshot because I wanted to be able to look back at it. I have no idea who to give credit to for this helpful metaphor.

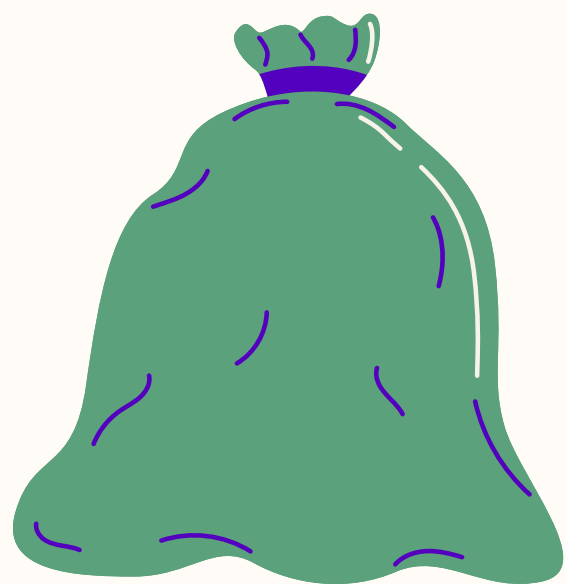
"ADHD is like everyone has to hold 100 marbles and you're the only one without a bag. You're trying to manage the same stuff everybody else is able to manage but marbles keep falling out of your hands. And Neurotypical people are giving advice like "well, why don't you just put them in your bag?" BECAUSE I DON'T HAVE A BAG!

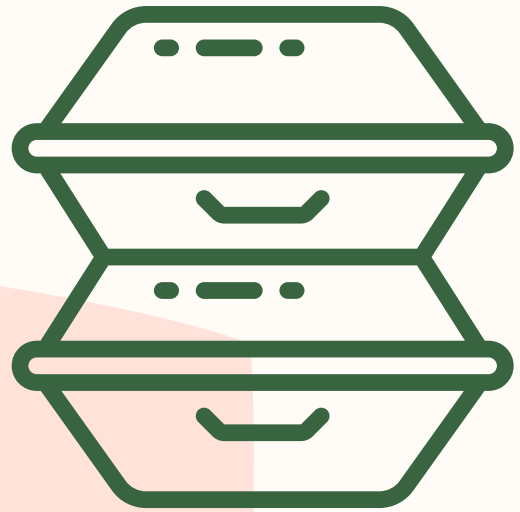
Maybe you're struggling to carry only 50 marbles, and you see people around you easily managing 150, which is bitterly discouraging. But the fact is that you can even hold onto that many is incredible BECAUSE YOU DON'T HAVE A BAG, BUT YOU'RE STILL TRYING.

Medication is like having a bag with a hole in it. It's so much better than what you're used to that when you

start using it you feel on top of the world. Then you notice that marbles are slowly falling out and you think "What's the point? It's just as bad as before." But you have to remember it's still worth it.

The worst thing you can do is trip on the marbles you've dropped. That's my biggest struggle. I focus on one little thing I've messed up and all of the sudden I've come crashing down and drop all the marbles I was able to hold minutes before."





The ADHD tax



- GETTING TAKE OUT OFTEN BECAUSE COOKING FEELS OVERWHELMING
- FORGETTING TO PAY FOR PARKING LEADING TO PARKING TICKETS
- FORGETTING ABOUT PERISHABLE FOOD IN YOUR REFRIGERATOR
- PAYING HIGHER INTEREST RATES BECAUSE OF POOR CREDIT
- NOT RETURNING ITEMS PURCHASED BEFORE DUE DATE
- TROUBLE MAINTAINING FRIENDSHIPS
- COST OF UNFINISHED PROJECTS
- BUYING DUPLICATE SUPPLIES
- LATE FEES ON CREDIT CARDS
- LIBRARY FINES
- LOST WAGES



How to start

01 Educate yourself

02 Find support and a community of ADHDers

03 Get a Coach : [ACO](#) and [ADDCA](#) are great sources!



Remember:

You are not your brain

You are not alone

It's never too late

There are no failures, only clues

Somebody else's success is not your failure

Question: How are you going to remember what resonates with you



The horse, the boy, the fox and the mole

The boy and the horse are in the woods, and the boy says

"I can't see a way through" and the horse says

"can you see your next step?"

"yes"

and the horse says "then just take that."

What small step can you take right now?





My hope is that you found this a helpful resource and I wish you all the best as you learn about how ADHD shows up in your own life.

My wish for you is that you discover your strengths and make your life all that it can be, not in spite of, but because of your ADHD.

Warmly, Kristen Denney

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You've Got This!

Let's Talk!

