

ADHD and Self-care

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Self-care is the practice of taking an active role in protecting one's well-being and happiness

If you have ADHD, **beware of the following pitfalls** when it comes to self-care:

- ⇒ **Scheduling time in your calendar for self-care:** If you struggle with time or managing daily care tasks, scheduling time in your day for self-care can become one more burdensome item to check off on your to-do list.
- ⇒ **Listening to the self help gurus about what is considered “real” self-care:** Just because our culture classifies bubble baths, mani-pedis and facials as “acceptable” self-care, doesn’t mean that these activities fill you up. You may have sensory or movement needs that can make these activities highly unenjoyable.
- ⇒ **Using technology to recharge as a means to do more self-care:** Technology should be viewed as food. The right amount of healthy food gives you energy and fills you up. When you gorge on too much food, it has the opposite effect. It is important to be mindful about how technology use impacts your emotional well being.
- ⇒ **Volunteering your services because chesed brings satisfaction as an act of self-care:** If you have ADHD, you may often find yourself jumping at chesed opportunities due to the need to compensate for “falling short” in some areas. This can sometimes lead to a cycle of overwhelm instead of the intended positive outcome.

Instead, If you have ADHD, consider the following when it comes to self-care:

- ⇒ **Basic self-care is best:** People with ADHD can struggle with interoception or the ability to sense and perceive your body’s internal signals and sensations. When your basic needs are not met, engaging in higher level self-care will have the opposite effect. Basic self-care is intentional breathing, eating, drinking, personal space, rest and movement.
- ⇒ **Learning neuro-divergent friendly strategies to tackle tasks is the best form of self-care:** Instead of “white knuckling” and pushing through daily tasks, learn strategies that work with your brain instead of against it.
- ⇒ **Be mindful about self-care:** When you engage in fun and meaningful activities, work on being present to enjoy and soak in the moments. This will help create positive memories to tap into in the future.
- ⇒ **Find your tribe:** Align yourself with a supportive network of individuals who can offer support, strategies and understanding so you don’t have to do it alone.