

Burnout and ADHD



Burnout

- Consider your **limits and what boundaries** you can implement to protect your energy
- Keep **snacks available**, especially when engaging in **large tasks**
- Avoid **perfectionism**
- **Reach out for support** and be open to people you believe will understand, and potentially assist
- Consider a **change** in routine/environment

Burnout is common in individuals with ADHD. Be kind to yourself when life gets hard. You're just trying your best!

Finding ADHD Connections

- Identify **suitable professionals** knowledgeable with ADHD. In Australia the **Find a Psychologist** site can be used to find an ADHD specialist
- Connect with your **tribe**. This can be done through websites like Meeutp, ADHD Actually and I have ADHD (podcast)



Mental health and wellbeing

- Consider **calming activities** like reading, meditation, hiking or listening to music
- Practice **positive psychology** and self compassion
- Try out activities which foster **connection and belonging**
- ADHDers can often be perfectionists and hyperfocus on minute details. When there are too many tasks that need to be done, sometimes it's **better to be imperfect**
- ADHD can often come along with **rejection sensitivity and emotional dysregulation**. Consider what you might do when you feel this way (e.g. finding hobbies that make you feel better to calm yourself)

Done is better than perfect!