

CURIOUS ABOUT ADHD?

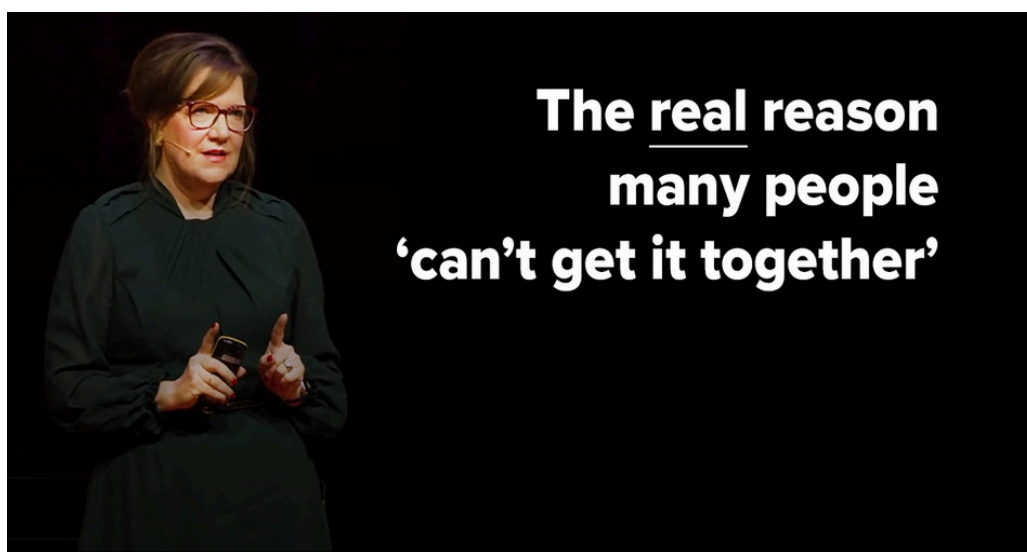
If you're beginning to explore ADHD and feeling a bit overwhelmed—I've been there.

Many have asked me to share the resources that were particularly helpful in my journey to understanding ADHD. I'm making them available here to assist others on their path.

A Note From Kristen

This document is not a diagnostic manual or a checklist. Rather, it's a collection of resources that helped shape my own understanding of ADHD and neurodiversity because I found the material out there too overwhelming.

This guide isn't comprehensive, nor is it a substitute for professional advice. But if you're curious—about yourself, a loved one, or ADHD in general—it's a meaningful place to start.



First, I did my TEDx talk, [Why is it that so many people just 'can't get it together'?](#) to become the resource I WISH I HAD when I was new to this journey. It's 14 minutes and consciously constructed to be a helpful starting point. [If you haven't watched it yet, it's a great place to start.](#)

As I mentioned in my talk, the unlock is to stop treating a triangle like a square. ADHD isn't about "fixing" what's different—it's about understanding how different brains work best, and then taking steps to enable the best from that brain. My hope is that this resource helps you see ADHD more clearly and support neurodiverse individuals in a way that truly makes a difference, in common, everyday, useful language.

So, What Is ADHD?

Let's start here: ADHD (Attention-Deficit/Hyperactivity Disorder) is a neurodevelopmental condition that affects attention, emotional regulation, and executive functioning—the brain's system for organizing, prioritizing, and following through.

But textbook definitions don't quite capture what it's like to live with it.

ADHD can feel like a paradox. You might hyper-focus for hours on something you love... but forget to respond to a text for days. You might need structure but resist it at the same time. You might crush a high-stakes deadline—but get stuck loading the dishwasher.

Common experiences include:

- Difficulty starting or completing routine tasks
- Strong emotional responses and restlessness
- Creativity, problem-solving, and deep focus in the right environment

Here's what's important: ADHD isn't a flaw. It's not laziness. It's not a character issue. It's a difference in brain wiring—and it shows up uniquely for everyone.

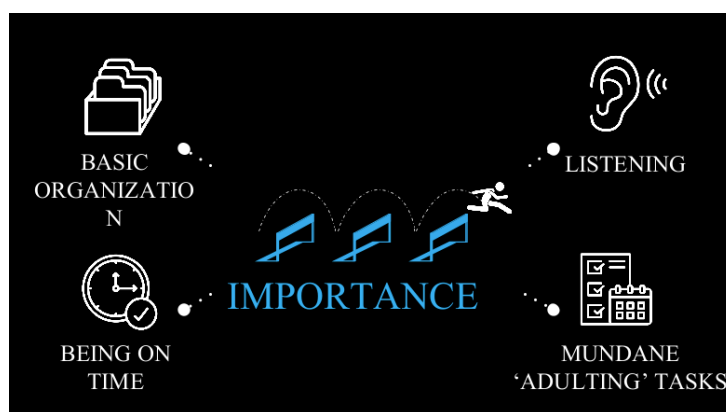
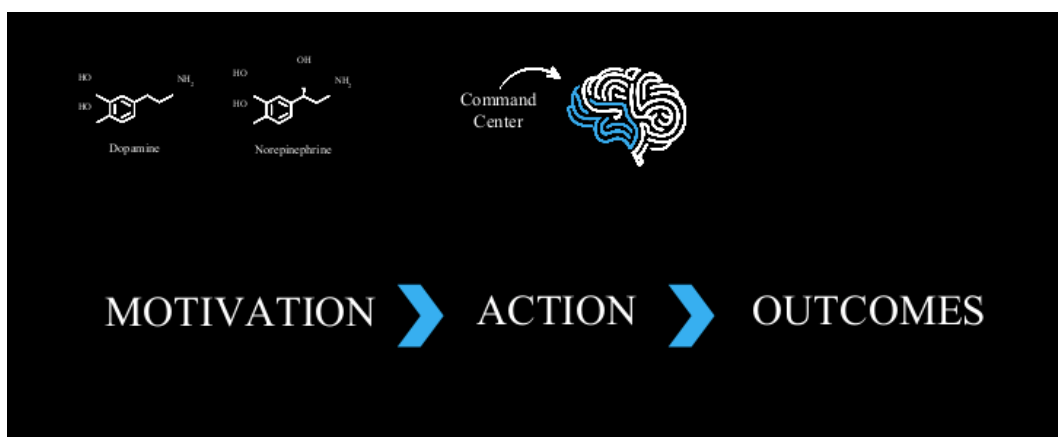
Most adults with ADHD (around 90%!) don't even know they have it. Which means so many people are walking around thinking *they're the problem*, when really, they just haven't been given the right lens or language.

This guide isn't a diagnosis or medical advice—it's a starting place. If something resonates, follow your curiosity. I've gathered resources that helped me make sense of ADHD, from scientific insights to practical strategies. Know that you are not alone in this journey (see the section below on communities and online resources).

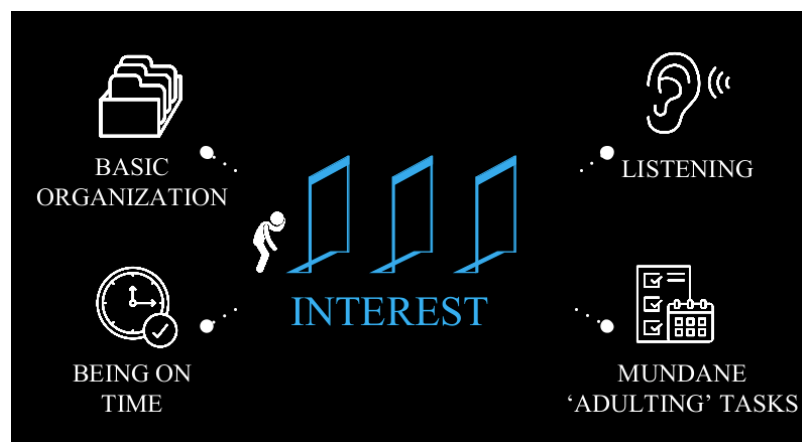
Key Insights

- **Interest-based Motivation:** People with ADHD tend to excel when tasks are driven by personal interest, urgency, competition, or novelty. This contrasts with the neurotypical tendency to be motivated by rewards, consequences, and outcomes.
- **Executive Function Challenges:** Everyday tasks—like organizing, time management, and planning—can be more complex due to ADHD's impact on executive function. These challenges don't define someone's ability to succeed, but they require tailored strategies to navigate daily life.

It helped me to think about it this way:



| IMPORTANCE | INTEREST |
|------------|----------------------|
| Orderly | “All over the place” |
| Dependable | Inconsistent |
| In control | Out of control |



Curated Resources About Neurodiversity

Overview of ADHD:

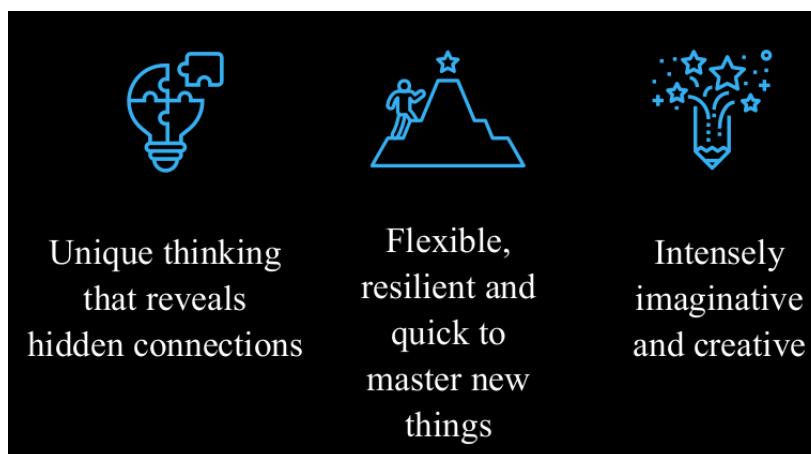
- [Cleveland Clinic Summary on ADHD](#)
A solid overview of ADHD, its symptoms, and its impact on various life areas.
- **Understanding Executive Function: For Kids and Adults**
Practical resources for understanding how executive function impacts both children and adults with ADHD.
 - For Kids: [Executive Functions Explained](#)
 - For Adults: [Executive Functions Checklist](#)

ADHD in Adults:

- **Detailed [Overview of ADHD in Adults](#)**
An in-depth resource about how ADHD affects adults, with tips for living with and managing the condition.
- [CDC ADHD Resources](#)
The Centers for Disease Control provides helpful resources to better understand ADHD and how to navigate the challenges it presents.

The Benefits of ADHD

ADHD isn't just about challenges—it also brings many strengths, such as:



Which often looks like:

- ☐ Creativity
- ☐ Flexibility
- ☐ Drive
- ☐ Hyperfocus in the right environments

When we create inclusive spaces that value neurodiversity, we unlock potential for everyone to thrive. Embracing the variety of ways brains work can foster growth for both individuals and organizations.

Online Resources, Communities and Other Support

Over time, I've learned so much from those who have gone before me and blazed the trail by sharing their stories, favorite resources and tools and their candor. Perhaps you too will find comfort, support and ideas from:

[List of top ADHD Influencers who you may want to follow](#) (these are the folks that brought things into focus for me---what it FEELS like and LOOKS like)

Additional Resources to Explore

These resources have greatly influenced my understanding and are valuable for anyone looking to dive deeper into neurodiversity:

- [Neurodivergent Insights: Interest-Based Nervous System](#)
A deep dive into how the nervous system impacts those with ADHD and neurodivergent traits.
- [Awaken Coach Institute: Free Mini-Course](#)
A mini-course offering insights into coaching and strategies for those looking to better understand or work with ADHD and neurodiversity.
- [Google Drive Folder of ADHD Resources](#)
A curated collection of resources to help navigate ADHD from a variety of perspectives.

If you're curious or want more recommendations, feel free to reach out—I'm always happy to share more insights and resources.

Let's stay in touch.

Be A Brain Friend

Disclaimer: This resource list is intended to provide an introduction to ADHD and is not a comprehensive resource or a substitute for professional medical advice, diagnosis, or treatment. Always consult a qualified healthcare provider for personalized guidance regarding ADHD or any other medical condition.



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