

Is It ADHD, Perimenopause, Anxiety... or All Three?

ADHD + Midlife
Resource Series

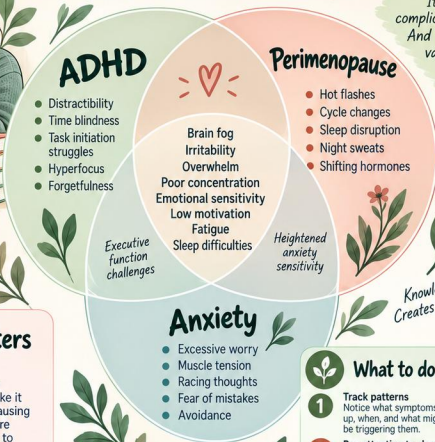
More
Understanding
A Brighter
Tomorrow

Different changes. Similar symptoms.
You're not alone.

It's
complicated.
And that's
valid.



Different
Paths.
Many Overlaps.
You.



Knowledge
Creates Options

Why this matters

The symptoms of ADHD, perimenopause, and anxiety often overlap, which can make it confusing to know what's causing what. When several things are happening at once, it's easy to blame yourself — to think you should be doing better, coping more easily, or "just trying harder."

But this isn't a personal failing. It's a complex mix of real, biological and psychological changes. With the right understanding and support, things can feel clearer and more manageable."

What to do next

- 1 Track patterns**
Notice what symptoms show up, when, and what might be triggering them.
- 2 Pay attention to sleep, cycle changes, and overall wellbeing**
Look for connections between your symptoms, sleep, and menstrual cycle changes.
- 3 Talk with a health professional**
A counsellor, doctor, or specialist can help you sort through what's happening and explore options.
- 4 Use practical supports**
Build routines, reduce overwhelm, be kind to yourself, and use tools that work for your brain and body.

Want to know more?

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Support Today
A Brighter Tomorrow