

# ANXIETY + ADHD

A tough combo

When your brain will not slow down.

DIFFERENT  
BRAINS  
BRIGHTER  
FUTURES

Real Girls  
Real Brains  
Brighter Days

Same  
Big Feelings  
Brighter Ideas  
Different Paths



## IT CAN LOOK LIKE:



**Racing thoughts**  
So many thoughts  
at once.



**What-if spirals**  
Your mind goes to  
the worst case.



**Feeling on edge**  
Like you can't relax.



**Trouble sleeping**  
A busy mind at night.



**Stomach knots**  
Anxiety shows up  
in your body.



**Perfectionism**  
High expectations  
and fear of mistakes.



**Avoiding things**  
Even when you want  
to do them.



**Feeling overwhelmed**  
Everything can feel  
like too much.

## TRY THIS:



**Breathe 4 in and 6 out**  
Slows your nervous system  
and helps you feel calmer.



**Name what you are feeling**  
Say it out loud or write it down.  
It helps.



**Ground yourself with 5 4 3 2 1**  
5 things you see, 4 you hear,  
3 you feel, 2 you smell, 1 you taste.



**Do one tiny thing**  
Small steps still move you forward.



**Limit social media**  
Give your brain a break from  
constant input.



**Talk to someone safe**  
A friend, family member, teacher,  
or counsellor.



**Be kind to yourself**  
You are doing your best, and  
that is enough.

You are not overreacting.  
Your brain is doing a lot.

It is not you.  
It is a lot.  
And you are  
doing your best.



Want to know more?  
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REAL SUPPORT  
PRACTICAL TOOLS  
A BRIGHTER TOMORROW