

ADHD in Women

Different
Brains
Brighter
Lives ♥

Same
Brave You
A Brighter
Tomorrow ♥

Why it can feel like so much, and
what may be underneath ♥

ADHD in women is often missed because it can look like anxiety, overwhelm, perfectionism, people pleasing, emotional intensity, or always feeling behind.



1 Common signs

- mental overload and racing thoughts
- time blindness and chronic lateness
- trouble starting, organizing, or finishing tasks
- clutter, forgotten details, and unfinished projects
- hyperfocus on what is interesting and avoidance of what feels boring
- feeling capable but inconsistent



2 RSD and emotional intensity

Rejection sensitive dysphoria can make criticism, conflict, or feeling left out hit especially hard. It may show up as shame, people pleasing, rumination, defensiveness, or pulling away.



FEEL
DEEPLY

CARE
DEEPLY

YOU ARE
NOT ALONE

3 Anxiety, masking, and burnout

Many women cope by overpreparing, overfunctioning, and hiding how hard things feel. Over time, that can look like anxiety, perfectionism, exhaustion, irritability, and burnout.



4 Dopamine and the ADHD brain

ADHD affects dopamine systems involved in motivation, reward, focus, and follow through. That is why boring tasks can feel almost impossible to start, while urgency, novelty, interest, or a deadline can suddenly make action easier.



Novelty
Lights Me Up

Interest
Keeps Me Going

Purpose
Helps Me Thrive

5 Why midlife can feel harder

Hormonal changes, especially in perimenopause, can amplify focus problems, sleep disruption, mood changes, and emotional reactivity. Many women notice that symptoms become harder to manage in midlife.



Midlife
is not a setback.
It can be a
new beginning ♥

6 What can help

- externalize memory with lists, alarms, and visual reminders
- break tasks into smaller steps and reduce start up friction
- use body doubling, timers, and routines
- build in dopamine through movement, novelty, music, and rewards
- practice self compassion and work with your brain, not against it
- seek support if ADHD may be part of the picture

You are not lazy, broken, or failing.
Your brain may need support,
structure, and a different approach.

Greater Understanding
Brighter Tomorrows ♥

Want to know more?

leanneatkinson.ca

Support Today
A Brighter You
Tomorrow ♥