

When Your Coping Stops Working

Same
Brave You
A Brighter
Tomorrow

It's not a breakdown.
It's a sign that your needs have changed.

Different
Brains
Brighter
Lives

You
Are Still
Capable

A
New Chapter
Still Me

REST
BOUNDARIES
SUPPORT
BRIGHTER DAYS

1 You may notice...

When the usual strategies stop working, life can start to feel a lot harder. You may notice:



More overwhelm
(“everything feels like too much”)



More emotional reactivity
(feelings feel bigger and harder to manage)



Forgetfulness
(even for things that used to be easy)



Exhaustion
(mentally and physically)



Shutdown
(need to withdraw, feel numb or unable to function)



Harder task initiation
(it's tough to get started, even when you want to)

2 Why this can happen

It's not that you're doing something wrong. There are real reasons why coping strategies that once worked may no longer be enough:



Changing capacity
Midlife brings new mental, emotional and physical demands.



Increased stress
Ongoing stress can reduce your window of tolerance.



Hormonal shifts
Changes in estrogen and other hormones can impact ADHD symptoms, mood, and energy.



Burnout
Years of holding it all together can catch up.



Sleep disruption
Sleep may be lighter, more broken, or harder to get.



Years of compensating
You've likely been working extra hard for a long time. That takes a toll.

This makes sense.
You're not imagining it.

3 Old coping vs. new support

What used to help might not be enough now. Here are some common shifts:

Old Coping (thinking or doing more)		New Support (being kinder and smarter)
Pushing harder	→	Pacing yourself
Masking and people pleasing	→	Being authentic and asking for help
Perfectionism	→	Good enough is enough
Doing it all alone	→	Building support and letting others in
Ignoring your needs	→	Honouring your needs as important
More lists and self-pressure	→	Simpler systems that work for your brain
Powering through	→	Resting, recovering and sustainable rhythms

4 What support can look like now

This is a time to be gentle, curious and intentional. Support might include:



Simplify

Less can be more.
Reduce what isn't essential.



Rest

Rest is productive.
Give yourself permission to pause.



Routines

Gentle, flexible routines can support your brain and energy.



Boundaries

Protect your time, energy and peace.



Body support

Movement, nutrition and nervous system care can help.



Therapy or coaching

A safe space to process, rebuild and explore new strategies.



Medical support

Talk with a healthcare provider about hormone health, sleep, and ADHD medication options.

Support
is self-respect
in action.

Greater Understanding
Brighter Tomorrows

Needing new tools does not mean you are failing.
It means your old ones are no longer enough
for what you are carrying.

Want to know more?

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