

The Midlife ADHD Survival Kit

ADHD + Midlife
Resource Series

Small
Steps
Big
Change

Practical tools for a calmer, kinder,
more you kind of midlife.

Real
Strategies
Brighter
Tomorrows



1 Externalize your brain

Get it out of your head
and into the world.

- Use lists, planners or apps
- Set reminders and alarms
- Keep visible cues (notes, whiteboards, sticky notes)
- Create a "landing space" for important items
- Brain dump to clear mental clutter



2 Reduce decision fatigue

Fewer decisions.
More energy for what matters.

- Build simple routines for mornings and evenings
- Use default choices (e.g., outfits, meals)
- Keep systems simple and consistent
- Limit options when possible
- Ask yourself: "What's the easiest next step?"



3 Protect sleep

A rested brain
works better.

- Create a gentle wind-down routine
- Reduce screen time and stimulation in the evening
- Keep a consistent bedtime and wake time (evenish)
- Make your sleep space calm, cool and comfortable
- Notice what helps you feel rested



4 Feed your brain

Steady fuel for steadier
moods, focus and energy.

- Include protein with meals and snacks
- Stay hydrated (aim for water throughout the day)
- Eat regular meals to reduce energy crashes
- Keep easy, healthy options on hand
- Be kind to yourself – progress, not perfection



5 Move for regulation

Movement helps your
mood, focus and energy.

- Try gentle walks, stretching or yoga
- Include strength or resistance training (even light)
- Use short movement snacks (2–5 minutes)
- Get outside when you can
- Notice how movement helps you feel – and do more of what works



6 Dopamine with intention

Work with your brain's
need for novelty and reward.

- Add novelty where you can (change your environment, try something new)
- Use meaningful rewards to motivate yourself
- Listen to music
- Try body doubling (work alongside someone)
- Pair tasks with something you enjoy
- Notice what lights you up and include more of it



7 Lower the bar

Good enough is often
enough – and that's okay.

- Release perfectionism
- Focus on progress, not perfection
- Try "good enough" standards
- Break tasks into smaller steps
- Celebrate what you do (pivoted, tried, started, finished – it all counts)
- Be kind to yourself – you're doing your best



8 Ask earlier

You don't have to do
this alone.

- Lean on your partner, friends or trusted people
- Talk with a coach or therapist
- Bring up ADHD with your medical provider
- Ask for support at work if needed
- The earlier you reach out, the easier it can feel



Practical Support
Brighter Tomorrows

Start here this week:

- ☐ One small change I'll try: _____
- ☐ One person I'll reach out to: _____
- ☐ One reset strategy I'll use: _____

Want to know more?

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