

The ADHD+ Perimenopause Check-In

ADHD + Midlife Resource Series

Same
Brave You
A Brighter
Tomorrow

Pause ♥ Notice ♥ Be Kind ♥ Plan Forward

A simple weekly check-in to help you understand what's happening, support yourself, and move forward with more ease.

Different
Brains
Brighter
Lives ♥

Progress
Not
Perfection
♥

KINDER

BRAVER

BRIGHTER YOU

1 This week I noticed...

(Check all that apply. There's no right or wrong — just awareness.)

- | | |
|---|--|
| ☐ Trouble with focus | ☐ Sensory sensitivity |
| ☐ Lower motivation | ☐ Brain fog |
| ☐ Memory challenges | ☐ Anxiety |
| ☐ Increased irritability | ☐ Emotional reactivity |
| ☐ Sleep issues | ☐ Changes in energy (either low or wired) |
| ☐ Feeling overwhelmed | ☐ Other: _____ |

2 What may be influencing things?

(Check what feels relevant this week.)

- ☐ Sleep (poor quality, not enough, disrupted)
- ☐ Cycle changes or hormone shifts
- ☐ Increased stress (personal or global)
- ☐ Higher work load or time demands
- ☐ Food and hydration (eating regularly, enough protein, enough water)
- ☐ Less movement or more sedentary time
- ☐ Alcohol (more than usual)
- ☐ Illness or physical symptoms
- ☐ Lower support (feeling alone or unsupported)
- ☐ Other: _____

So many
things can
influence how
you feel. ♥

3 What helped this week?

(Check what made a positive difference.)

- ☐ Protein / nourishing food
- ☐ Movement or exercise
- ☐ Rest or better sleep
- ☐ Reminders (lists, alarms, visual cues)
- ☐ Lowering my expectations
- ☐ Taking breaks
- ☐ Body doubling or doing things with someone
- ☐ Getting outside (fresh air, nature, sunlight)
- ☐ Medication (e.g., ADHD meds, HRT, or other)
- ☐ Asking for help or reaching out
- ☐ Other: _____

Small
Supports
make a big
difference ♥

4 What I need next week...

(Choose up to 3 focus areas or write your own.)

1

2

3

You've got
this.
Next week
is a new
opportunity. ♥

5 My overall capacity this week...

(Circle a number that feels right.)

Very low
(Empty)

1

2

3

4

5

6

7

8

9

10

Very high
(Feeling good)

Be proud
of how you showed up
this week. Awareness
is progress. ♥

Greater Understanding
Brighter Tomorrows ♥

Want to know more?

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This tool can support your self-reflection and may also be helpful to bring to conversations with your healthcare provider. It's not a diagnostic tool, just a starting point. ♥