

WHY DOES MY ADHD FEEL SO LOUD?

For girls and young women

DIFFERENT
BRAINS
BRIGHTER
FUTURES

Same
Big Feelings
Brighter Ideas
Different Paths

You are
not too much.
You are wired
differently.

ADHD can look different in girls. You might not be bouncing off the walls,
but your brain can still feel like it has open tabs everywhere.

Real Girls
Real Brains
Brighter
Days



OVERTHINK

Especially
at night.



BIG FEELINGS

Like really big.



EASILY DISTRACTED

Even by my own
thoughts.



PROCRASTINATE

Then panic.



PEOPLE PLEASE

So hard.



MASKING

Trying to seem
fine.



RSD

Rejection
hits deep.



FEEL DIFFERENT

Like I do not
quite fit in.

It is not laziness. It is not a lack of potential.

≡ It is ADHD. ≡

Different, not less.



Want to know more?
Visit leanneatkinson.ca



REAL SUPPORT
PRACTICAL TOOLS
A BRIGHTER TOMORROW

BIG DREAMS

BRIGHT IDEAS

REAL SUPPORT

YOU GOT THIS

Small
Steps
Still
Count