

ADHD Awareness

Burnout

- Lack of/low energy; fatigue or exhaustion
- Decreased satisfaction/loss of enthusiasm; sense of apathy
- Low mood/motivation
- Self-doubt; intrusive thoughts
- Unable to relax; trouble sleeping
- Overwhelming feelings; anxiety, guilt
- Overcompensating/difficulty recognizing limits
- Easily irritated/no patience



Helpful Tips!

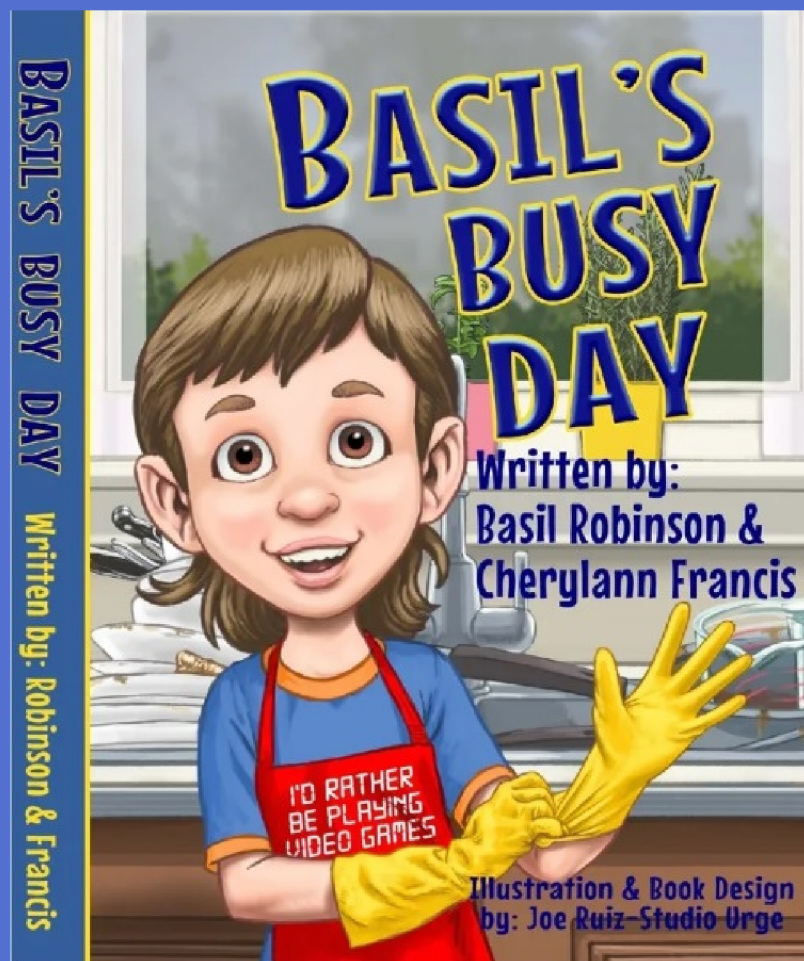
- Get enough rest/sleep
- Commit to a routine bedtime schedule
- Limit distractions (Turn off phone notifications/keep important)
- Take frequent breaks
- Don't overcommit
- Declutter
- Align decisions with priorities
- Go outside
- Ask for help and support

How to Support

- Educate yourself about the challenges people with ADHD experience
- Distinguish burn-out from laziness
- Check in
- Offer assistance
- Exercise compassion

Basil's Busy Day

This book can be used to initiate discussion on motivation, distractibility, time management, procrastination as a compensation strategy, and the desire to engage in more seemingly interesting activities.



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