



UNDERSTANDING ADHD IN WOMEN

Empowering Women to Thrive with ADHD

WHAT IS ADHD?

Attention Deficit Hyperactivity Disorder (ADHD) is a neurological condition affecting attention, focus, and self-regulation. While often diagnosed in childhood, ADHD can also persist into adulthood, and it affects women in unique ways.

ADHD IN WOMEN - THE HIDDEN STRUGGLES

Symptoms can present differently in women than in men, leading to misconceptions and misdiagnosis.

Common Symptoms:

- Difficulty with focus and organisation
- Time management struggles
- Emotional dysregulation (mood swings, anxiety, irritability)
- Forgetfulness and losing things
- Trouble completing tasks, even when motivated
- Impulsivity and difficulty with decision-making
- Sensitivity to stress or overwhelm

Gender-Specific Challenges:

- Women with ADHD often internalise their struggles, leading to low self-esteem and feelings of inadequacy.
- Hormonal fluctuations can intensify symptoms, especially during menstruation, pregnancy, and menopause.
- Women may overcompensate by developing coping mechanisms that mask their symptoms, which can delay diagnosis.
- Gender based expectations/biases during childhood can mean girls are supported to develop masking strategies from a young age more frequently than their male counterparts.

SUPPORT FOR ADHD

At SJP Psychology, support is available for women managing ADHD. With a focus on empowering women, effective strategies are used to improve focus, emotional regulation and well-being, in a supportive and nonjudgemental environment.

Services include:

- **Individual Psychological Intervention**
- **Mindfulness and Stress Management**
- **Reduce Overwhelm and Regulate Emotions**
- **Time Management Support**
- **Parenting Support**
- **Trauma-Informed Care**



THE IMPACT OF UNTREATED ADHD

- Increased risk of anxiety, depression, and other mental health challenges.
- Struggles in career and academics due to focus and organisational difficulties.
- Tension in relationships from communication issues and emotional regulation challenges.
- Challenges in managing daily tasks like childcare, household duties, and work responsibilities.



SARAH PHILIPPKOWSKI

Psychologist

If you or someone you know is struggling with ADHD, support is available.

