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MIDLIFE AUDHD

**Why everything feels harder
and what to do first.**

*A practical, neuroaffirming guide
for late-diagnosed women*



If you're late-diagnosed autistic and/or ADHD, midlife can feel like things suddenly stop working.

This is often due to:

- Long-term masking
- Increased life demands
- Reduced recovery time
- Hormonal changes affecting regulation, focus, and tolerance

This isn't failure.

It's capacity depletion.

WHAT TO DO FIRST

Practical steps you can take...

1. Lower one expectation this week

Choose one area (work, social, home).

Ask: What can be simplified or paused?

→ Capacity increases when demands decrease.

2. Protect one recovery window daily (Even 5–10 minutes helps.)

Examples:

- Silence
- Lying down
- Sensory comfort (dark, warmth, pressure)

→ Regulation prevents burnout – it doesn't cause it.

3. Stop “pushing through” one signal

Notice one cue you usually ignore:

- Exhaustion
- Irritability
- Sensory overwhelm

Respond earlier than you normally would.

→ Early response costs less energy.

4. Replace self-blame with data

When you think “I should cope better”, try:

“What demand exceeded my capacity?”

This reframes the problem without shame.

5. Focus on sustainability, not productivity

Ask:

- Can I do this consistently?
- Or only when I'm already depleted?

If it's the second, it needs adapting.

Gentle reminder...

“ You don't need to “fix”
yourself.

You need systems that fit
your nervous system now –
not who you were years ago.

If this helped:

- Follow [@midlifeaudhd](https://www.twitter.com/midlifeaudhd) for practical, research-informed content.
- Save this guide for low-capacity days
- Share it with someone who might need it.

More one-page tools are coming.

