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MIDLIFE AUDHD

**You're Not Too Sensitive —
You're Overloaded**

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



Many late-diagnosed autistic and ADHD women are told they are:

- Too sensitive
- Too emotional
- Too reactive

But sensitivity doesn't usually increase on its own.

What often increases is load.

Midlife commonly brings:

- More sensory input
- More emotional responsibility
- Less time to recover
- Hormonal changes affecting regulation and tolerance

This isn't a personality flaw.

It's a nervous system under sustained pressure.

WHAT'S ACTUALLY HAPPENING?

When your nervous system is overloaded:

- Sensory input feels sharper
- Emotional responses feel bigger
- Recovery takes longer
- Tolerance drops

This is not regression.

It's reduced capacity due to long-term strain.

Sensitivity is often the signal, not the problem.

WHAT TO DO FIRST

Practical steps you can take...

These steps focus on early regulation, not pushing through.

1. Identify your earliest overload signal Not meltdown or shutdown – earlier.

Common early signs:

- Irritability
- Brain fog
- Sudden fatigue
- Feeling “on edge”
-

Respond here, not later.

→ Early regulation costs less energy.

2. Reduce sensory input before reacting

Instead of managing emotions, reduce input:

- Lower noise
- Dim lights
- Remove tight clothing
- Change environment

Regulation often follows sensory safety.

3. Stop explaining your reactions to yourself

You don't need a perfect reason to step away.

Try replacing:
“I’m being ridiculous”

With:
“My nervous system needs less input right now.”

This removes shame without requiring justification.

4. Build one predictable comfort into your day

Examples:

- Same chair
- Same mug
- Same quiet window
- Same sensory item

Predictability reduces load – especially in midlife.

5. Treat sensitivity as information

Ask:

- What increased today?
- What didn't I recover from?
- What can I lower next time?

Sensitivity points to adjustment needs – not personal failure.

You're not “too much”.

You're responding to more than your system can hold right now.

Reducing overload isn't avoidance.
It's nervous system care.

If this helped:

- Follow [@midlifeaudhd](#) for practical, research-informed tools
- Save this guide for low-capacity days
- Share it with someone who feels like coping “used to be easier”



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