



## Self-Care Part 2:

# Creating ADHD-Friendly Routines to Help You Manage Your Sleep, Exercise, Quiet Time & Personal Grooming

### 1. Self-care is an ADHD concern:

- 10-13 years shorter life expectancy (Russell Barkley 2018 study)
- Good self-care habits can minimize or eradicate impairments in daily life
- Brain functions improves (neurotransmitters work more efficiently)

### 2. Self-care is counterintuitive with ADHD:

- Adults with ADHD often feel “behind” on everything, so they forego self-care to catch up on their responsibilities
- Adults with ADHD are often incorrectly seen as lazy, self-absorbed, or selfish; they may fear being judged further for spending time and/or money on self-care
- A paradigm shift may need to take place to understand this. (See pictures below)
- “A Brilliant Mess” uses “Dimension Theory” to explain how to shift priorities to allow for self-care



### 3. Give yourself **permission** to prioritize self-care:

- If you've been a people-pleaser for a long time, you'll likely experience “pushback” from those close to you who won't understand

### 4. Practice **Healthy** Self-Care. Avoid these unhealthy attitudes:

- Addiction – Using a substance or activity excessively or even dangerously to avoid your responsibilities or the needs of other people
- Self-absorption – Becoming overly preoccupied with your self-care needs to the point where you become a slave to your ego
- Perfectionism – Focusing on your performance more than on making progress
- “Complicationism” – You add unnecessary complexity to your habits, overwhelming the process with minutiae and you give up



5. Sleep:

- Most common issue in ADHD adults is Delayed Sleep Phase Disorder
- Insomnia, Restless Leg Syndrome, Sleep Apnea
- “Sleep hygiene” is essential

6. Exercise:

- Opt for 3-4 times per week
- Working out can be as effective as stimulant medication
- In-group “experiment”

7. Quiet Time:

- Meditation means to “think about” or contemplate; you can do it however you choose
- You can journal, read, talk, pray, sit quietly, walk around- the point is to get quiet and think about your breathing and your thinking

8. Personal Grooming:

- Low self-esteem caused by ADHD symptoms may cause you to over-focus, under-focus on ablution routines (cleaning, applying skin, hair products, etc.)
- Executive function issues can make deciding what to wear or managing laundry challenging
- BFRB’s (Body-Focused Repetitive Behaviors) are common with ADHD; if present, they can create additional challenges

Self-Care Category	Typical Problems	Typical Result of problem	(Biological) Reasons for problems – It’s not your fault!	Treatments
Sleep				
Exercise				
Quiet Time				
Personal Grooming				