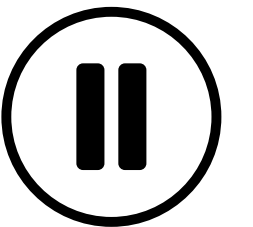


TRIGGERS

INITIAL EXPERIENCE

AUTOPILOT

STOP



PAUSE

BELIEVE THOUGHTS

MINDFULNESS

SPOT THOUGHTS

DEFUSE FROM THOUGHTS

REACT

INVESTIGATION

IN OLD HABITS

RESPOND

INTERNALLY

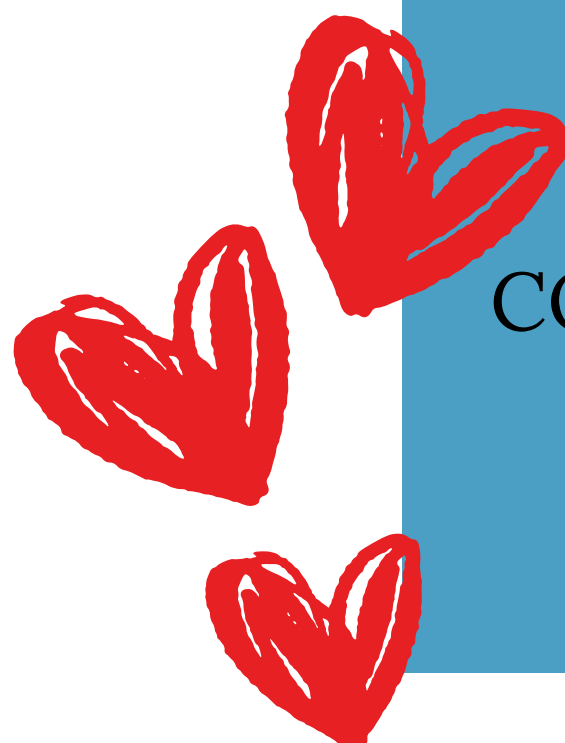
EXTERNALLY

INTERNALLY

SECONDARY
EMOTION
AVOIDANCE

IMPULSIVE
UNHELPFUL
HABITS
ESCAPE

SELF-
COMPASSION



The ADHD Iceberg

What ADHD Looks Like

Interrupting

Emotional Outbursts

Distracted

Impulsivity

Overspending

Disorganized

Oversharing

Daydreaming

Fidgeting

What ADHD Is Really Like

Forgetting To Eat

Racing Thoughts

Time Blindness

OCD

Poor Memory

Sensory Issues

Hyperfocus

Depression

Anxiety

Executive Dysfunction

Low Self-Esteem

Seep Problems

Difficulty Maintaining Relationships

ADHD Paralysis

Easily Bored

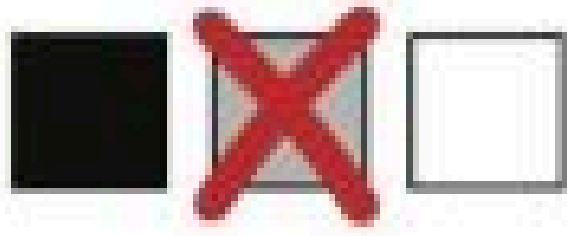
Poor Memory

Dopamine Deficiency

Mood Swings

Unhelpful Thinking Styles

All or nothing thinking



Sometimes called 'black and white thinking'

If I'm not perfect I have failed

Either I do it right or not at all

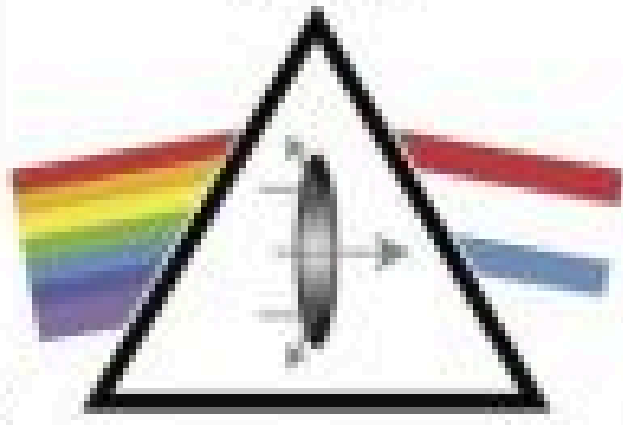
Over-generalizing

"everything is always awful"

"nothing good ever happens"

Seeing a pattern based upon a single event, or being overly broad in the conclusions we draw

Mental filter



Only paying attention to certain types of evidence.

Noticing our failures but not seeing our successes

Disqualifying the positive



Discounting the good things that have happened or that you have done for some reason or another

That doesn't count

Jumping to conclusions



$2 + 2 = 5$

There are two key types of jumping to conclusions:

- Mind reading (imagining we know what others are thinking)
- Fortune telling (predicting the future)

Magnification (catastrophisation) & minimisation



Blowing things out of proportion (catastrophizing), or inappropriately shrinking something to make it seem less important

Emotional reasoning



Assuming that because we feel a certain way what we think must be true.

I feel embarrassed so I must be an idiot

should must

Using critical words like 'should', 'must', or 'ought' can make us feel guilty, or like we have already failed

If we apply 'shoulds' to other people the result is often frustration

Labelling



Assigning labels to ourselves or other people

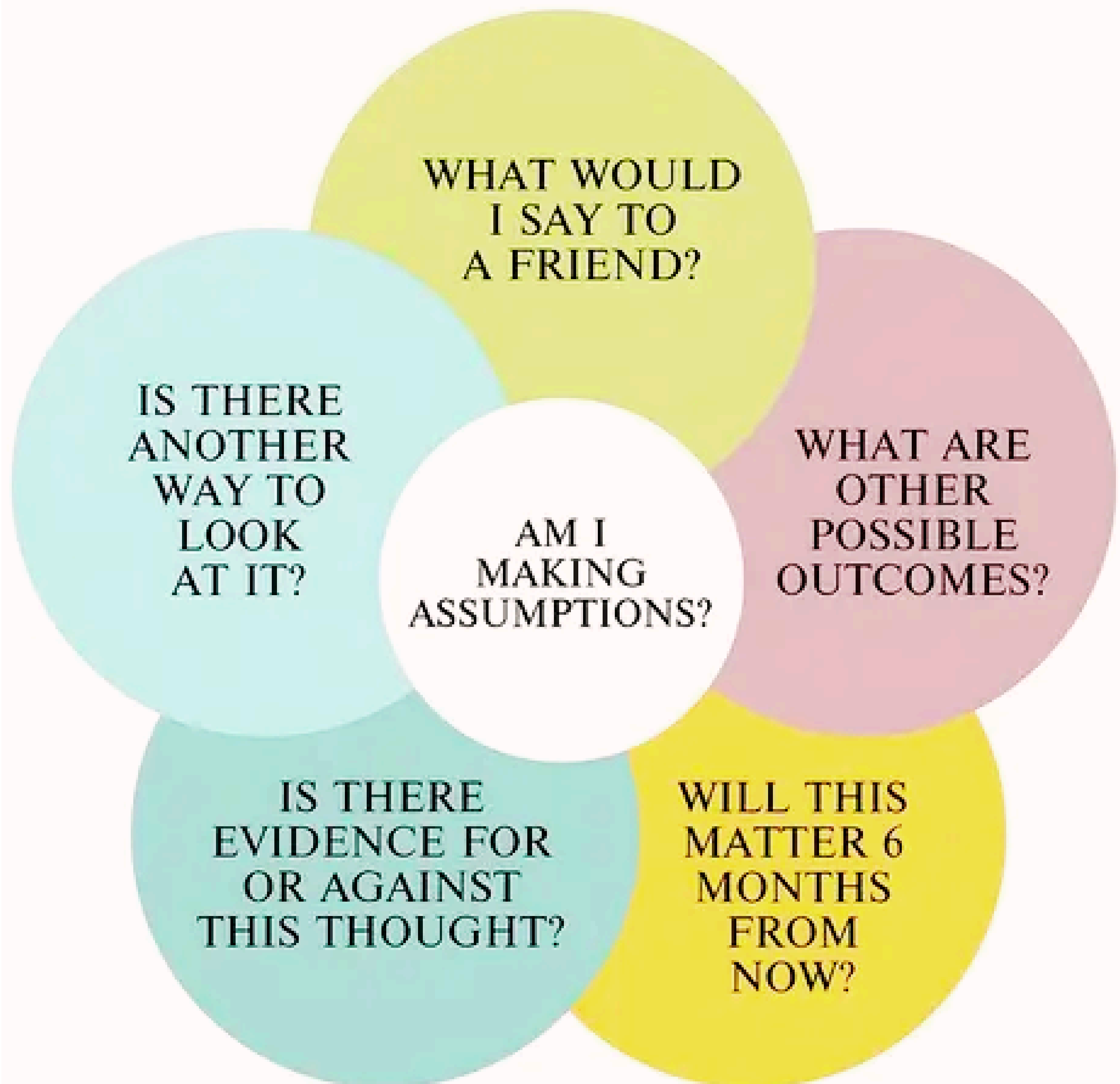
I'm a loser
I'm completely useless
They're such an idiot

Personalisation

"this is my fault"

Blaming yourself or taking responsibility for something that wasn't completely your fault. Conversely, blaming other people for something that was your fault.

CHALLENGING NEGATIVE THOUGHTS



Stages of Change

What stage am I in?

PRECONTEMPLATION

Build awareness for my need to change

CONTEMPLATION

Increase my pros for change
and decrease my cons

PREPARATION

Commit and plan

ACTION

Implement and revise my plan

MAINTENANCE

Integrate change into my lifestyle



How am I feeling today emotionally and physically?



What I am grateful for today?



What is taking up most of my head space?

zzz



Am I getting enough quality sleep?

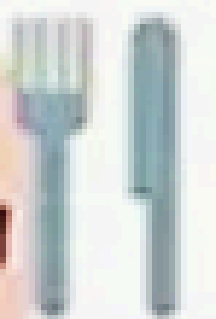
Did I engage in acts of kindness today?



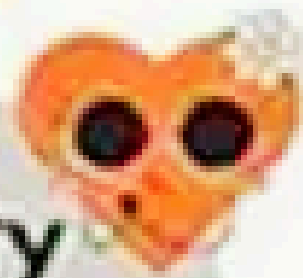
Did I stretch or move my body today?



Am I eating nourishing meals?



What activity will I do today that brings me joy and fulfillment?



MENTAL HEALTH CHECK-IN

Did I express my needs to anyone and ask for support?



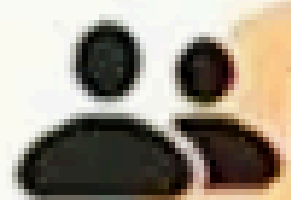
Did I engage in any self-reflection or journaling today?



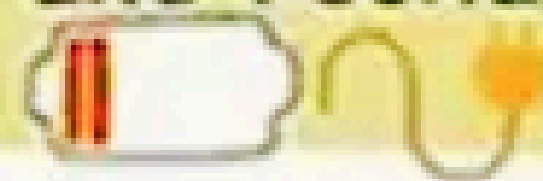
Am I hungry, lonely or tired?



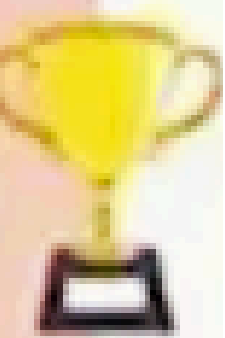
Did I connect with loved ones or friends today?



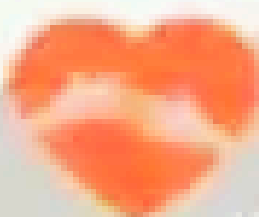
Am I taking breaks to rest and recharge?



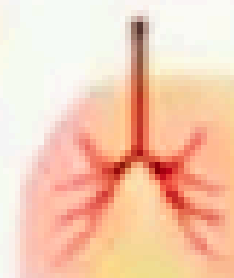
What is one small progress or victory I can celebrate today?



Am I kind to myself today?



Did I practice deep breathing or meditation today?



WHAT CAN I CONTROL?



I AM ONLY EVER IN CONTROL OF MYSELF!