



# **A Quick and Easy Guide to Conquer Overwhelm**

**FOR ADULTS LIVING WITH ADHD**



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People living with ADHD know how it feels to be stuck in overwhelm. Maybe it's a mess on your desk, an overflowing email inbox, or your never-ending to-do lists.

The good news: It's not your fault, and you're not alone. ADHD adults experience stress just like everyone else. The difference is that ADHD adults have a hard time with organizing, prioritizing, and getting started, which leads to anxiety and overwhelm unless you learn how to manage it. Everyone gets overwhelmed sometimes, but it's different for those who have ADHD.

Adults with ADHD get overwhelmed more often and by more things than those with neurotypical brains. The overwhelm happens because our brains do not have enough of the critical neurotransmitters (serotonin, dopamine, norepinephrine) we need for effective executive functioning skills. We can't filter out useless noise from what's truly important. We perceive all of it as having equal urgency.

Basically, adults with ADHD feel overwhelmed because our brains don't have enough of the chemicals we need to help us live our lives as easily as others do. It is hard to function when we are feeling stressed and overwhelmed. We need to take care of ourselves first to start moving.

Next are three quick action steps you can take to get moving again and lower your stress level to live the life you want.



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## Three Quick Steps To Conquer Overwhelm:



The first thing to do when you are feeling overwhelmed is to STOP what you're doing and BREATHE.

### Focus on deep breathing

Do this for at least five breaths, inhaling to a count of four and exhaling to a count of eight.

### Other Effective Breathing

#### Methods:

- [Navy Seal's Breathing Technique](#)
- [Deepak Chopra Rhythmic Breathing Exercise](#)
- [8 Deep Breathing Exercises for Anxiety](#)





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Practice Self Compassion to quiet your inner critic. The better you feel about yourself, the faster you can move forward.

## **Follow These Steps:**

### **Become acutely aware of your feelings.**

Ask yourself what you are feeling. It doesn't matter why you are feeling that way, just identify the feeling itself. Are you judging that feeling? If so, why? Feelings aren't right or wrong, they just are. Quiet the judgment.

### **Remember that you are not alone.**

There are more than 376 Million adults in the world who also have ADHD and deal with feelings of overwhelm. Recognize that you are not alone in this feeling.

### **Ask yourself, what do I need right now?**

What will help me in this moment? A cup of tea? A hug from a loved one? A quick walk outside?  
Remember, this feeling is temporary. This too shall pass!



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Identify the key thing that is causing you to feel overwhelmed.

Think about what would give you the greatest sense of relief to complete.

Break it down into small steps.

Set a timer for 10 minutes and begin working on the quickest, easiest, or most interesting step on your list.

## CONGRATULATIONS!

You have just conquered your overwhelm!

Experiencing ADHD Overwhelm is common. It can be challenging and debilitating. It can keep you from moving toward a productive and happy life. Use these quick strategies to get unstuck every time you feel overwhelmed so you can create the life you desire.





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*"Almost everything will work  
again if you unplug it for a few  
minutes, including you."*

- Anne Lamott

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Hi, I'm Lisa.

I'm all too familiar with the challenges ADHD presents. I struggled with the symptoms of ADHD my entire life but didn't know what was wrong. I always felt I had a 'fatal flaw.' Like so many of us, I searched for answers for years until I was finally diagnosed with ADHD.



My life is probably similar to yours. I'm an experienced professional, and I have held positions at every level in the corporate healthcare world, from the front line to the C-Suite. Navigating the corporate world's tests and trials with ADHD was challenging for me, but not anymore.

With medication and a trained ADHD coach, I learned to manage my symptoms, unleashed my potential, and discovered my power. Having an ADHD coach changed my life. It impacted me so much I decided to become a certified ADHD coach myself.

Today, I am a certified and credentialed ADHD coach. I guide smart and passionate adults to develop creative solutions to manage their ADHD successfully. My clients become empowered to bring about the changes they have always hoped for so they can be clear, confident, productive, and happy.

## **Schedule a consultation.**

Let's find out if we would be a good fit to work together so you can be happy and productive without ADHD ruling your life!



# Thank You for Downloading The Guide!

## It Would Be an Honor to Guide You on Your ADHD Journey

### Scheduling a Consultation is Easy

1. Select a date and time that works for you
2. Fill in the information requested to help me get to know you
3. Smile! You have just taken the first step on the path to ADHD Freedom!



## You Deserve to Be Happy and Live the Life You Desire

# ADHD Freedom

Many adults with ADHD want to lead productive meaningful lives. As a certified ADHD coach, I help my clients develop specific ADHD strategies, tools, and techniques so they can achieve more than they ever thought possible.



ADHD COACHES ORGANIZATION  
promoting adhd coaches & coaching