







PRESENTATION

- PRESENTATION
- ADHD?

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- ADHD?
- SAMTAL

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- ADHD?
- SAMTAL
- FRÅGOR



SCENKONST BIENNALEN



Patrik Fahlin - Fokus ADHD

Jakob Bladh - Skådespelare Dalateatern

Ida Rydén - nyexaminerade Psykolog

Alexander Lindman - Masterstudent skådespeleri SKH

ADHD - attention deficit Hyper activity disorder

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More like: Dopamine deficiency and executive function variability and attention/emotion/energy/time/ regulation variability developmental diversity thingy











- 7 193 gilla-markeringar
- theneurodivergentnurse Who has #ADHD... mer
- 30 juni · Visa översättning











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2 565 gilla-markeringar

adhdhustlers · Följ

@FINUCCINIALFREDO

ADHD SPECTRUM GRAPH





BECAUSE ADHD IS A SPECTRUM DISORDER, YOUR TRAITS CAN CHANGE OVER THE COURSE OF YOUR LIFE - EVEN DAY TO DAY!

SO HOW ARE YOU FEELING TODAY?

adhdhustlers The ADHD Iceberg.









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Sparat

25 december 2021 · Visa översättning



adhdelite

Ade @ADHDelaide

What many people don't realize about ADHD is that our ability to do stuff is limited for the day, and is stronger in the morning. If I work a full time morning shift, by the time I get home I'll be rendered useless and will struggle to cook and take care of myself.

15:40 · 18 Sep 21 · Twitter Web App



Följ

•••

14 635 gilla-markeringar adhdelite This is soo truue 💯 ... mer 18 september 2021 · Visa översättning









Sparat

additudemag "It's been a long, hard road to get to ... mer

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anderlindqvist och 19 7	05 andra	
u love food mer översättning		
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för en vecka sedan · Visa översättning



jessejanderson

Följer



Jesse J. Anderson • ADHD Creative @jessejanderson

Sparat

Creating consistent healthy habits is the secret to managing your ADHD and is also impossible.



28 391 gilla-markeringar jessejanderson Creating consistent healthy habits is... mer För 6 dagar sedan · Visa översättning





DANIDONOVAN Inlägg



\checkmark \heartsuit \Box

Gillas av adhdsystemhub och 2 760 andra

danidonovan So this graphic I made has been making the rounds on social media, and I'm finally getting around to uploading it on Instagram. I didn't want to post it on... mer

Visa alla 117 kommentarer

deacts dawn I'd love to have this printed on a tee shirt







85 gilla-markeringar writerelizabethbroadbent Oh God ... mer 5 april · Visa översättning



Följer

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@autistic.qualia

\mathbf{A} \bigcirc Q

Gillas av theblackswandiaries och 34 642 andra autistic.qualia A common question I see in... mer 8 oktober 2021 · Visa översättning





DANIDONOVAN Inlägg



danidonovan Omaha, Nebraska

EMOTIONAL DYSREGULATION EXCITED





Gillas av theblackswandiaries och 6 482 andra

danidonovan I'm prone to strong, sudden flashes of emotions. 💥 😰 Feeling paralyzed by anxiety. 😑 Bouncing from impatience. 😡 Snapping at people out of anger... mer

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23 oktober 2019 · Visa översättning



danidonovan San Gimignano





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adhd_understood Vancouver



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22 maj · Visa översättning



adhd_understood Kelowna

DODAMINE

Följer ...





lifeinthefastbrain Alnwick

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THINGS I DIDN'T KNOW WERE RELATED TO ADHD

- · Rejection sensitivity
- · Sensory issues
- Procrastination
- Social struggles
- · Stimming
- Destination addiction
- Seasonal depression
- · Problems prioritising
- · Addictions
- · Low frustration tolerance
- · Impulse buying

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secretsocietyofadhd

Följ







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lifeinthefastbrain Alnwick

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REJECTION SENSITIVITY



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UNDIAGNOSED ADULT ADHD IN WOMEN

- · Perfectionists anxiety driven so they don't mess up. putting extreme pressure on themselves to achieve
- · Inattentive types will spend hours just thinking about something - making it too overwhelming to actually start
- · Very high rates of disordered eating and poor body image



 Can struggle with rejection in relationships way more than neurotypicals, which can then lead to depression, and unhealthy coping mechanisms.

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- · May self harm or struggle with addictions, or self medicate with drugs or rely on alcohol
- · most women with undiagnosed ADHD will have at least 2 other mental health conditions; which can ironically be caused by 'undiagnosed ADHD'

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"I don't see ADHD as a deficit. Rather, I pay attention to too much. Outside the confines of a classroom or office, my 'restlessness' and my attention to detail are gifts." ADDitudemag.com

Ferrari with bycicle breaks Walking in a up-down changing stream when everyone else is on land A fish told to climb a tree instead of swimming in the sea Being superman/woman but almost all places and situations has built in Kryptonites





DENEUROTYPICALIZE

Av-neurotypikalisera??



"Decolonizing" the mind: healing the effects of neuro typicalized opression on the mind-spirit and constructing an identity that allows one to be selfdefining and self- naming.

Decentering the belief that all minds work the same way and that that diverseness is normal (and also an essential part of being a big societal organism) without diverseness - no change or differences...

Making oneself or others aware of that someting might work different than for someone else because of a difference in how our minds work - and that a large portion of the human race have another kind of operating system - and that that is normal.







