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Introduction Worksheet: Redefining Self-Care for ADHD Women

Self-care is the practice of supporting your physical, emotional, and mental well-being through intentional habits and activities. It's not selfish or indulgent—it's essential for navigating a world designed for neurotypical brains.

Rest & Recharge

Taking breaks, getting enough sleep, and allowing time to restore energy

Nourish & Hydrate

Maintaining balanced meals, accessible snacks, and proper hydration for stable energy

Move & Energize

Including gentle movement like walking, stretching, or dancing to boost mood

Affirm & Accept

Embracing self-care without guilt as an essential act for wellness

Remember: "I deserve care for myself without guilt, and I have the right to learn how to meet my needs."



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Reflection Questions

1. What does self-care currently mean to you?

1. Which of these areas feels the most challenging for you: rest, nourishment, hydration, or movement?

1. How are you already practicing self-care?

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