**Burnout**

- Consider your limits and what boundaries you can implement to protect your energy
- Keep snacks available, especially when engaging in large tasks
- Avoid perfectionism
- Reach out for support and be open to people you believe will understand, and potentially assist
- Consider a change in routine/environment

**Finding ADHD Connections**

- Identify suitable professionals knowledgeable with ADHD. In Australia the Find a Psychologist site can be used to find an ADHD specialist
- Connect with your tribe. This can be done through websites like Meeutp, ADHD Actually and I have ADHD (podcast)

**Mental health and wellbeing**

- Consider calming activities like reading, meditation, hiking or listening to music
- Practice positive psychology and self compassion
- Try out activities which foster connection and belonging
- ADHDers can often be perfectionists and hyperfocus on minute details. When there are too many tasks that need to be done, sometimes it’s better to be imperfect
- ADHD can often come along with rejection sensitivity and emotional dysregulation. Consider what you might do when you feel this way (e.g. finding hobbies that make you feel better to calm yourself)

**Burnout is common in individuals with ADHD. Be kind to yourself when life gets hard. You’re just trying your best!**

Done is better than perfect!