

Meeting summary for Women's ADHD Support Group (08/14/2024)

Quick recap

The team shared their personal experiences and challenges, focusing on the impact of trauma, ADHD, and parenting on relationships. They also discussed strategies for managing ADHD, self-care, and the importance of understanding and respecting each other's strengths and perspectives. The conversation ended with a discussion on self-affirmation, self-care, and the continuation of the group in the following week.

Next steps

- Donna to clean up and de-identify meeting summaries and add them to existing notes.
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Summary

Personal Experiences, Relationships, and ADHD

Donna opened the meeting with an encouragement for active participation despite her cold. The discussion centered around personal experiences and their impact on relationships, with one member sharing his struggles with feeling annoying to others and his efforts to address this issue. The group also discussed the complexities of balancing personal and professional life, with several sharing their experiences. Lastly, the group shared their experiences with ADHD, reflecting on its nature versus nurture debate and the strategies they use to manage their symptoms.

Managing Relationships Amid Overzealousness

There was a discussion on managing relationships when overzealousness causes rifts. One member emphasized celebrating zest, care, and passion rather than toning them down. Someone agreed and suggested reframing criticism of being "too much" positively. Another shared realizing she picks up on others' anxiety, triggering her own, and a possible strategy of asking for permission before conversations from an autistic friend to set a comfortable stage.

ADHD Traits and via Institute Discussion

They discussed the traits associated with ADHD, emphasizing the importance of fairness and justice in the ADHD brain, highlighting the need to balance these traits with an awareness of others' perspectives and to create space for those who may not share the same strengths. Donna also introduced the Via Institute Character Strengths profile as a tool to explore individual strengths and shared her offer to provide a link for the team to take the assessment.

Managing ADHD and High-Emotions Together

The team discussed the challenges and potential solutions for managing ADHD and related high-empathy issues. They emphasized the importance of self-care and setting boundaries to avoid burnout. Someone shared insights about the function of ADHD in ancient cultures and how it might fit into modern roles. Another member shared her strategy of removing herself from situations that trigger her emotions. The group also discussed the need to learn from each other's experiences and find hope in their shared struggles.

Self-Affirmation and Self-Care Strategies

Several members shared their strategies for maintaining physical and mental well-being.

- conducting regular body scans
- respite in nature
- prayer
- reconnecting with the body