

Notes from August 21, 2024

Quick recap

The group shared personal experiences and struggles with various mental health issues, including self-forgiveness, intrusive thoughts, and ADHD, and discussed the importance of self-compassion, self-care, and seeking support. They also discussed the impact of external factors, such as problematic neighbor behavior and misdiagnosis of conditions, and the need for self-regulation and self-advocacy. The conversation also touched on the ongoing scientific research about ADHD and dementia, and the potential misdiagnosis of these conditions in women and people of color.

Summary

Welcome and Recovery Update

Welcomed new and returning participants, emphasizing the importance of active participation and sharing experiences

Mistakes, Self-Forgiveness, and Coping Strategies

Member shared her experience of accidentally damaging her stove due to distraction which sparked a discussion about mistakes, self-forgiveness, and perspective.

Others shared their own experiences, emphasizing the importance of self-compassion, with struggles with intrusive thoughts, self-criticism, and distraction.

Shared efforts to refocus and find solutions including seeking out new techniques.

Mental Self-Care and Emotional Management

Emphasized the importance of mental self-care, including meditation and positive self-affirmations, to manage feelings of control and anxiety.

Shared experiences with managing difficult emotions and situations, highlighting the value of acknowledging and accepting one's emotions.

Shared her journey of seeking a diagnosis for her repeated forgetfulness and how she has learned to manage her negative self-talk.

Managing Tasks and Self-Compassion

Talked about struggles with forgetfulness and using timers or noise-making devices to manage tasks, such as cooking.

ADHD and Dementia Discussion

Discussion about the relationship between ADHD and dementia, and how one can differentiate between the two. Donna explained that there is ongoing scientific research about this topic, but no clear understanding has been reached yet. Donna also shared a story about a woman diagnosed with dementia, who was later diagnosed with ADHD, highlighting the potential misdiagnosis of ADHD in older adults.

ADHD, Memory, and Time Perception

Additional discussion of struggles with memory and time perception, suspecting that it might be related to ADHD.

Memories are built by an event plus an emotion, and without the emotional component, events may not become memories.

Suggested that difficulties with memory and time perception could be worth discussing with her medical provider

Misdiagnosis, ADHD, and Women's Health

One participant shared her struggles with misdiagnosis of bipolar disorder and ADHD, which affected her studies and her role as a single parent.

Stressed the importance of self-advocacy and seeking a provider who takes symptoms seriously, especially for women of color who are more likely to be misdiagnosed.

The group also discussed potential alternative treatments and the increasing awareness and research on ADHD in women.