

Meeting summary for Women's ADHD Support Group (07/31/2024)

Quick recap

The group discussed strategies for managing ADHD, including breaking tasks into smaller steps, scheduling fun activities, and finding pleasure in tasks. They also shared personal experiences and coping mechanisms, such as asking for help, balancing fun and necessary tasks, and focusing on the effort rather than the outcome. Lastly, they explored the paradox of managing time and structure in relationships and planned for future discussions on this topic.

Next steps

- One participant will make a conscious effort to schedule fun activities into her day, such as listening to music or going to a thrift shop.
 - Another participant will remind herself to pack fun items for her trip, such as a favorite book or snack, to make the experience more enjoyable.
 - The group will explore the topic of relationships in the next meeting, focusing on how individuals with ADHD can build and maintain meaningful connections.
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Fun

Participants discussed managing ADHD, noting procrastination gets in the way of fun and breaking tasks into smaller steps helps. One participant schedules fun activities as self-appointments.

Health Experience and ADHD Awareness

One participant shared her recent experience with her doctor's office and her appreciation for a new specialist's empathy. She decided to have another individual accompany her to future appointments for better communication.

Another participant shared her realization about the importance of asking for help and her own experience with memory issues due to ADHD.

Balancing Fun and Necessary Tasks

One participant emphasized the importance of balancing fun and necessary tasks in her daily routine. Someone suggested the concept of "gamifying" tasks to make them more engaging and enjoyable. Another shared her approach of turning chores into games to make them less daunting. The group agreed on the idea that finding pleasure in tasks, no matter how mundane, can make them more manageable and enjoyable.

Daily Planning and Packing Strategies

A participant shared her daily planning strategy, which involves focusing on one positive, one negative, and one business task. The group then discussed the concept of packing for trips, including suggestions that could be fun.

Brain's Response to New Situations

Members discussed the brain's natural response to new situations, particularly travel, and how it can lead to stress and anxiety. They emphasized that these reactions are not character flaws, but a normal way of engaging with the world. They encouraged the group to approach new experiences with an open mind and a focus on enjoying the journey, rather than worrying about potential obstacles. They discussed the paradoxical nature of living with ADHD, highlighting the desire for both novelty and predictability, and the importance of working memory in managing new situations.

Finding Joy in Experiences and Efforts

There was a discussion about finding joy in experiences regardless of outcomes. Some shared their struggles with planning fun activities due to fear. Others suggested focusing on the effort rather than the outcome. The group agreed on the importance of being present in the moment and finding ease in the effort. One shared enjoying a simple ritual of breathing while swimming, and another highlighted the significance of pausing to relish such moments. They emphasized the choice to add fun to daily routines.