

FREE GUIDE

Stop Fighting Your Brain.

A free guide to understanding your neurodivergent energy patterns.

Stop fighting your energy. Start understanding it.

WHAT'S INSIDE

- A simple energy tracker, so you can spot your own patterns instead of guessing.
- Seven types of rest, and which ones you're probably running short on.
- One small experiment to try this week. Nothing that becomes another thing to fail at.

For late-diagnosed, self-identified and questioning neurodivergent adults. Grab a cuppa, this takes about twenty minutes.

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WELCOME

Hi there.

I'm Jo. Late-diagnosed AuDHD, so most of what's in this guide, I worked out the hard way. Usually at 11pm. Usually while eating toast standing up at the counter, because sitting down for a proper meal felt like one admin task too many.

You've probably spent years trying to make yourself fit. Into jobs. Into routines. Into other people's ideas of what productive looks like. And you got good at it, good enough to get by, good enough that most people never clocked what it was costing you.

Then came the diagnosis. Or maybe the slower thing, the creeping realisation that life had been harder for you than it seemed to be for everyone else, and there was an actual reason for that.

And with it came the strangest mix of feelings you can imagine. Relief, because finally, an explanation. Fury, because nobody handed you a manual years ago, when it would have saved you so much.

Here's the thing though: understanding you're neurodivergent doesn't undo years of survival mode overnight. It doesn't fix burnout. It doesn't rebuild trust in yourself, even now you've got a word for what's going on. It doesn't explain why you can get more done in three hours on a good day than most people manage in three days, and then can't answer a text on a bad one.

But it does give you somewhere to start.

I always start with energy. Not productivity, not output, not squeezing more into the day. How your energy actually moves. Once you get a handle on that, you can start making decisions that work with you instead of against you.

That's what this guide is for.

BEFORE YOU BEGIN

Some of this will land, some won't, and that's fine. You don't need to finish every exercise. You don't need perfect answers. You definitely don't need to do this in one sitting.

Skip bits. Change things. Ignore whatever doesn't fit you. This isn't a test, and nobody's marking it.

Do what's useful. Leave the rest.

WHAT'S INSIDE

A quick map

Part 1 Notice Your Energy

A simple way to start spotting your natural patterns.

Part 2 Make Sense Of What You're Seeing

A few questions to help you understand what your patterns might be telling you.

Part 3 The Rest You Might Actually Need

Because rest is about much more than sleep.

Part 4 Your First Energy Experiment

One small change you can test this week.

PART 1

Notice Your Energy

This isn't about tracking productivity. It's not about proving you're doing enough. And it's definitely not about collecting perfect data.

We're just looking for clues.

When do you tend to have more energy? When do you have less? What affects it? Who affects it? What helps? What makes things worse?

You might spot patterns straight away. You might not notice anything for a couple of weeks. Either way, you're not doing it wrong.

HOW TO USE THE TRACKER

A few times a day, pause and check in with yourself. Morning, afternoon, evening, whatever feels closest.

You're looking at four rough states. High energy, where you feel switched on and capable. Medium, where you're getting through, not great, not terrible. Low, where you're still getting through but it's costing you. And Bed Slug, which yes, is a technical term. I don't make the rules, I just named them.

Jot down a few notes if you want. What were you doing? Who were you with? How did you feel? Don't worry if you miss a day or three. We're after patterns, not a perfect record.

YOUR ENERGY TRACKER

Day	Time	High	Medium	Low	Bed Slug	Notes
Monday	Morning					
	Afternoon					
	Evening					
Tuesday	Morning					
	Afternoon					
	Evening					
Wednesday	Morning					
	Afternoon					
	Evening					
Thursday	Morning					
	Afternoon					
	Evening					
Friday	Morning					
	Afternoon					
	Evening					
Saturday	Morning					
	Afternoon					
	Evening					
Sunday	Morning					
	Afternoon					
	Evening					

Tip: mark High / Medium / Low / Bed Slug with a tick, a dot, whatever's quickest for you.

Making Sense Of What You Notice

After a week or two, have a look back over what you've written. You don't need a complete picture. Even one useful observation is enough to work with.

A few questions worth sitting with, take as much or as little space as you need for each:

When's your energy usually highest? Are there particular times of day that feel easier than others?

When does it dip, and what's usually happening around then?

Are there things that consistently drain you? Not because you're bad at them, just because they cost you something.

And are there things that give energy back? The stuff that leaves you calmer, lighter, more like yourself.

Did anything surprise you?

A lot of people find that the things they've spent years blaming themselves for aren't character flaws at all. They're signs a need wasn't being met.

PART 2

WHAT YOUR PATTERNS MIGHT BE TELLING YOU

If social interaction leaves you wiped out, that's not you being difficult, it probably means you need more recovery time than you've been letting yourself have. If your energy crashes after a busy day, you're likely carrying more sensory load than you've clocked. If your energy feels wildly inconsistent, that doesn't make you unreliable, it might just mean you've been expecting the same capacity from yourself every single day, when nobody has that. And if you're stuck swinging between doing too much and crashing completely, chances are you've been planning your life around your best days instead of your normal ones.

You don't need to diagnose yourself here. You don't need to fix anything yet either. Just notice. Curiosity's enough for now.

The Rest You Might Actually Need

Most of us were taught that rest means stopping. Sleeping. Doing nothing. Turns out it's a lot more complicated than that.

Sometimes you're tired because your body's tired. Sometimes you're overwhelmed. Sometimes you've had too much noise, too much information, too many people, too much masking, and none of that gets fixed by an early night.

Different kinds of knackered need different kinds of rest.

There's a researcher, Dr Sandra Dalton-Smith, who reckons rest breaks down into seven types. You don't need all of them all the time, but it's worth noticing which ones you're running short on.

Have a look at the table below and jot down what actually works for you in each category, not what you think should work, what genuinely does.

SEVEN TYPES OF REST

Type of rest	What it might look like	My go-to activities
Physical	Sleep, lying down, stretching, gentle movement.	
Mental	Less information, fewer decisions, stepping away from screens.	
Emotional	Talking, journaling, allowing feelings without fixing them.	
Sensory	Quiet, dimmer lighting, comfortable clothing, reduced stimulation.	
Creative	Nature, music, art, daydreaming.	
Social	Time alone, or time with people you don't have to mask around.	
Spiritual	Meaning, purpose, reflection, connection.	

Which of these do you naturally get enough of? Which ones rarely happen? And which do you think your nervous system's actually asking for right now?

Your First Energy Experiment

Most people get this far, notice something useful, then carry on exactly as before. Nothing forced them to actually change anything, so nothing changes.

So. One small thing.

Based on what you've noticed, what's worth testing this week? Not a life overhaul, not a new routine you'll abandon by Thursday. Just one experiment, small enough that it won't become another thing to fail at.

SOME IDEAS — tick anything that feels relevant

Leave recovery time after social events

Stop scheduling demanding tasks late in the day

Add more sensory rest

Build a proper lunch break into your day

Reduce one commitment

Ask for support with something that's draining you

Something else:

MY EXPERIMENT

What will you try?

I'll try it for: Three days • One week • Two weeks

What am I hoping to notice?

WHAT NEXT

You've already started.

Most people spend years blaming themselves for patterns they've never understood. You've started paying attention instead. That's not nothing.

The goal was never to become more productive or build the perfect routine. It's to understand yourself well enough to stop making decisions that work against you. That takes time. And you know what? It's worth it anyway.

If this was useful and you want more, there's coaching, courses and practical resources for neurodivergent adults who are done trying to function like someone they're not. No hustle, no five-year plans, no morning routine you'll abandon by Wednesday. Just figuring out what actually works for your particular brain.

You'll find all of it at jocasey.com

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