



**THRIVING WITH ADHD**

**SELF-**

**REGULATION**

**TOOLKIT FOR**

**WOMEN**

BY @\_NOTruthless

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## From One ADHD Woman to Another...

Hey there,

If you've landed here, take a deep breath—you're in the right place.

My name is Ruth Danoff, and I created this guide as someone who understands the unique journey of being diagnosed with ADHD later in life. I'm not a doctor or therapist. I'm a woman who's walked through the overwhelm, the confusion, and the grief of not knowing why things always felt just a little harder.

This guide isn't meant to fix you (you were never broken). It's here to gently remind you that your brain just works differently and there are ways to thrive with it, not despite it.

✨You are doing better than you think. Let's take it one soft step at a time. ✨

With warmth,  
Ruth 

# Your Calm Through Chaos Toolkit

Because thriving with ADHD doesn't mean doing more, it means doing things differently, with care.



## Break Tasks into Bite-Sized Pieces

When everything feels "too much," zoom in. Break your task into the first micro-step. Write it down. Do one thing at a time. Then breathe. You're doing it.



## Time Blindness? Use Visual & Auditory Reminders

When everything feels "too much," zoom in. Break your task into the first micro-step. Write it down. Do one thing at a time. Then breathe. You're doing it.



### ✓ Embrace Body Doubling

Working with someone nearby—even virtually, can help your brain stay on track. You don't even need to talk. Just the presence helps create structure.



### ✓ Make Time for Rest & Movement

You're not lazy—you're overloaded. A short walk, a few deep breaths, or 5 minutes of dancing can reset your nervous system faster than you think.



### ✓ Externalize Your Thoughts

Get it out of your head. Use voice notes, brain dumps, or post-its all over the wall. ADHD brains need to see their thoughts to make sense of them.



### ✓ Lean Into Creativity

Creative expression helps regulate emotion. Paint, dance, sing, doodle, bake—anything that lights you up. There's healing in joy.



### ✓ Find Support & Your People

ADHD can feel isolating, especially when misunderstood. Join online groups, find ADHD creators to follow, or just talk to someone who gets it. You deserve support. You can book a free call with me. Click [here!](#)

You don't need to use all of these. Pick one or two that feel doable today. Bookmark this page for the moments that feel heavy—you'll find your way back.

# LET'S PERSONALIZE IT!

## WEEK 1

List 3 things that make you feel grounded when overwhelmed.

Write a recent moment you felt scatterbrained. What helped you come back to center?

Pick 1 tip from the toolkit and break it down into a step you can take this week.

What's one thing you did recently that you're proud of—even if it felt small?



# LET'S PERSONALIZE IT!

## WEEK 2

List 3 things that make you feel grounded when overwhelmed.

Write a recent moment you felt scatterbrained. What helped you come back to center?

Pick 1 tip from the toolkit and break it down into a step you can take this week.

What's one thing you did recently that you're proud of—even if it felt small?

# LET'S PERSONALIZE IT!

## WEEK 3

List 3 things that make you feel grounded when overwhelmed.

Write a recent moment you felt scatterbrained. What helped you come back to center?

Pick 1 tip from the toolkit and break it down into a step you can take this week.

What's one thing you did recently that you're proud of—even if it felt small?

# LET'S PERSONALIZE IT!

## WEEK 4

List 3 things that make you feel grounded when overwhelmed.

Write a recent moment you felt scatterbrained. What helped you come back to center?

Pick 1 tip from the toolkit and break it down into a step you can take this week.

What's one thing you did recently that you're proud of—even if it felt small?

# MY ADHD RESET PLAN

Your reset plan is here for the messy days, the heavy days, and the restart-again days. 

## ☀️ Morning Anchor

"What's one small thing that helps you start the day with intention?"

 Write it here: \_\_\_\_\_

## ☀️ Focus Tools I Use

"Which tools, techniques, or apps help you stay on track?"

 Write it here: \_\_\_\_\_

## ☀️ Calming Activity for Overwhelm

"What's your go-to when everything feels like too much?"

 Write it here: \_\_\_\_\_

## ☀️ Support System Check-In

"Who helps you feel seen and grounded?"

 Write it here: \_\_\_\_\_

## ☀️ Creative Outlet to Explore

"What creative activity lights you up or helps you express yourself?"

 Write it here: \_\_\_\_\_

# YOU ARE NOT TOO MUCH. YOU WERE JUST WAITING TO BE UNDERSTOOD.♥

Take this guide with you on the days when everything feels blurry and you need a reminder of how far you've come. You are not alone in this journey—and you never were.

Whether you're just starting to understand your ADHD, or you've been managing it for years, give yourself grace. You are learning how to thrive in a world that wasn't built for your brain—and that, in itself, is powerful.

Let this be your permission slip to move slower, to be softer, and to come back to yourself when it gets loud.

Let's keep growing together ♥

@\_NOTruthless

