

2 Essential Daily Practices for Every Neurodivergent Mind



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Introduction

Neurodivergent minds see the world in ways that others often miss. Whether you have ADHD, autism, dyslexia, or another form of neurodivergence, your brain processes information uniquely, offering creativity, deep insight, and a different perspective on life. While the world may not always be designed with neurodivergence in mind, that doesn't mean you can't create a daily foundation that supports your well-being, focus, and emotional balance. The key is finding simple, effective techniques that work with your brain—not against it.

This guide introduces two powerful yet easy-to-use methods: the DBT House Technique and Mindfulness Practices. The DBT (Dialectical Behavior Therapy) House is a structured, visual way to understand your emotions, behaviors, and personal growth. It gives you a clear framework for self-reflection and helps build the emotional regulation skills needed to navigate everyday challenges. Mindfulness, on the other hand, strengthens your ability to stay present, reduce overwhelm, and manage stress. When practiced together, these techniques create a strong foundation for both emotional and mental clarity.

You don't need hours of practice or complex strategies—these methods are designed to fit into your daily life with ease. Whether you use the DBT House as a quick self-check-in or take just five minutes for mindfulness, small, consistent actions can lead to big transformations. The goal isn't to change who you are, but to give you tools that help you thrive as you are.

In the following pages, you'll find simple explanations and steps to incorporate these two techniques into your daily routine. Try them out, adjust them to fit your needs, and most importantly, be kind to yourself in the process. Your mind works in its own incredible way—these methods are simply here to support it.

DBT House

Foundation: What are your core values?

Walls: Who supports you? Make sure that these are the people you truly count on?

Roof: Who protects you and makes you feel safe?

Chimney: How do you blow off steam/cope?

Front door: How easy can you open up to people?

Windows: What are your dreams and aspirations? How do you view certain things like what's popular, what's not popular, your hobbies, religion, societal norms, etc.?

The basement: What do you usually hide from others?

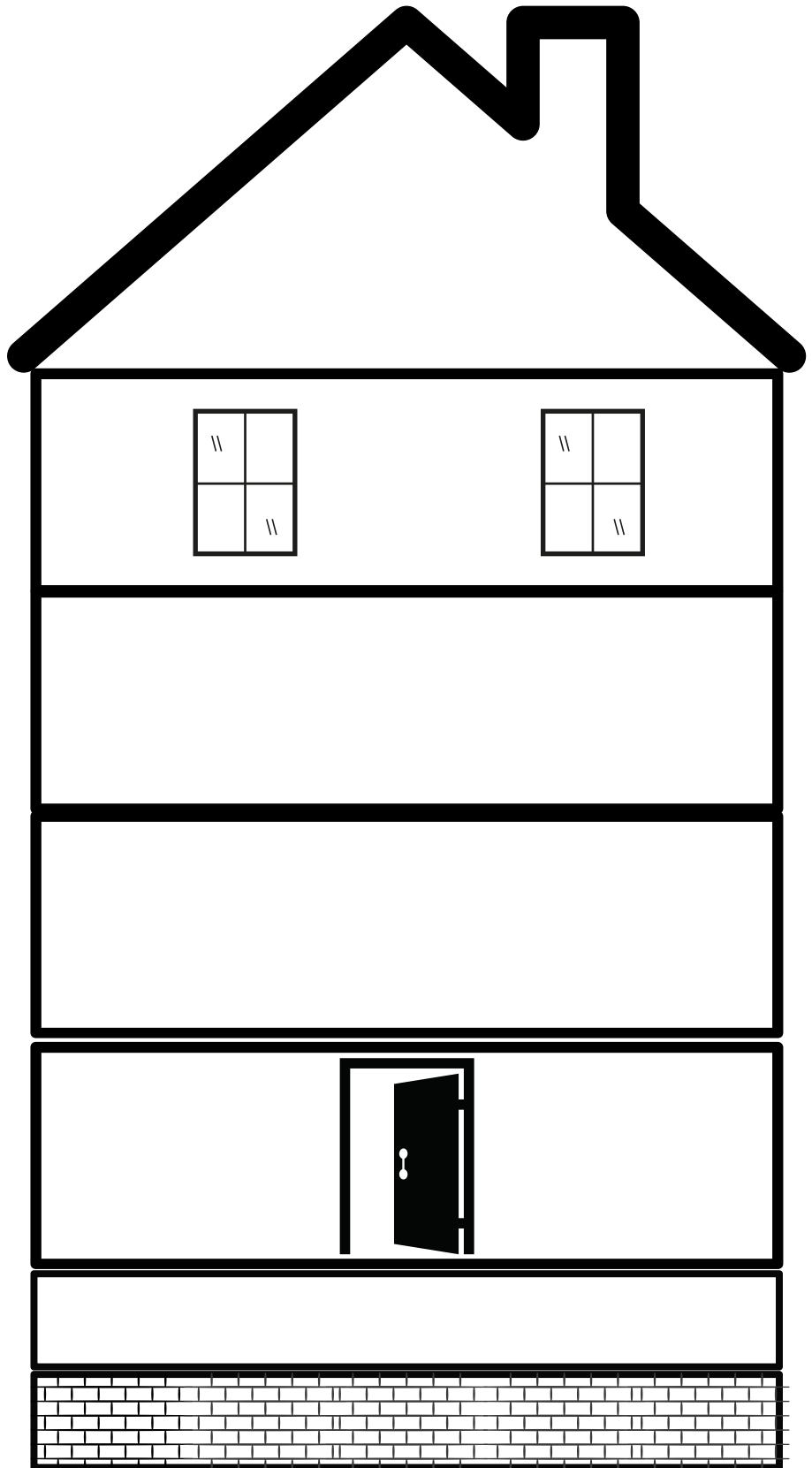
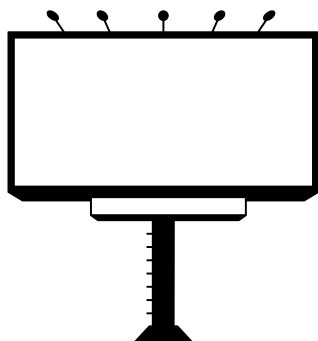
First floor: What aspects of your life would you like to change?

Second floor: What feelings and emotions would you like to experience more?

Third floor: What do you feel happy about? What do you want to feel happy about?

Fourth floor: To you, what is a life worth living, and what does that look like for you?

Billboard: What are you proud of?



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How to Practice Mindfulness

Implementing a mindfulness exercise:

Free yourself from distraction:

Find a quiet place where you won't be disturbed. A quiet room in your house will serve nicely, as long as you are alone.

Get comfortable

Mindfulness will not be successful if you are not comfortable. You can sit on a chair or crosslegged on the floor. It is recommended to sit up so your breath will flow freely.

Focus on your breath:

Close your eyes and engage in several deep, purifying breaths. Inhale through your nose, hold briefly, and exhale through your mouth. Focus on breathing into your belly, allowing your breath to expand your abdomen like a balloon, rather than halting at your shoulders. Visualize the breath as it traverses through your body, noticing the sensations it brings. With each exhale, release the accumulated stress and tension. Envision expelling anxiety with your breath, aiding in its dispersal.

Be present:

Take account of your environment, with a focus on your senses. What do you hear? What do you smell? How does your body feel? Try not to think about your past or worry about the future; just be present in the moment.

Acknowledge the wandering mind:

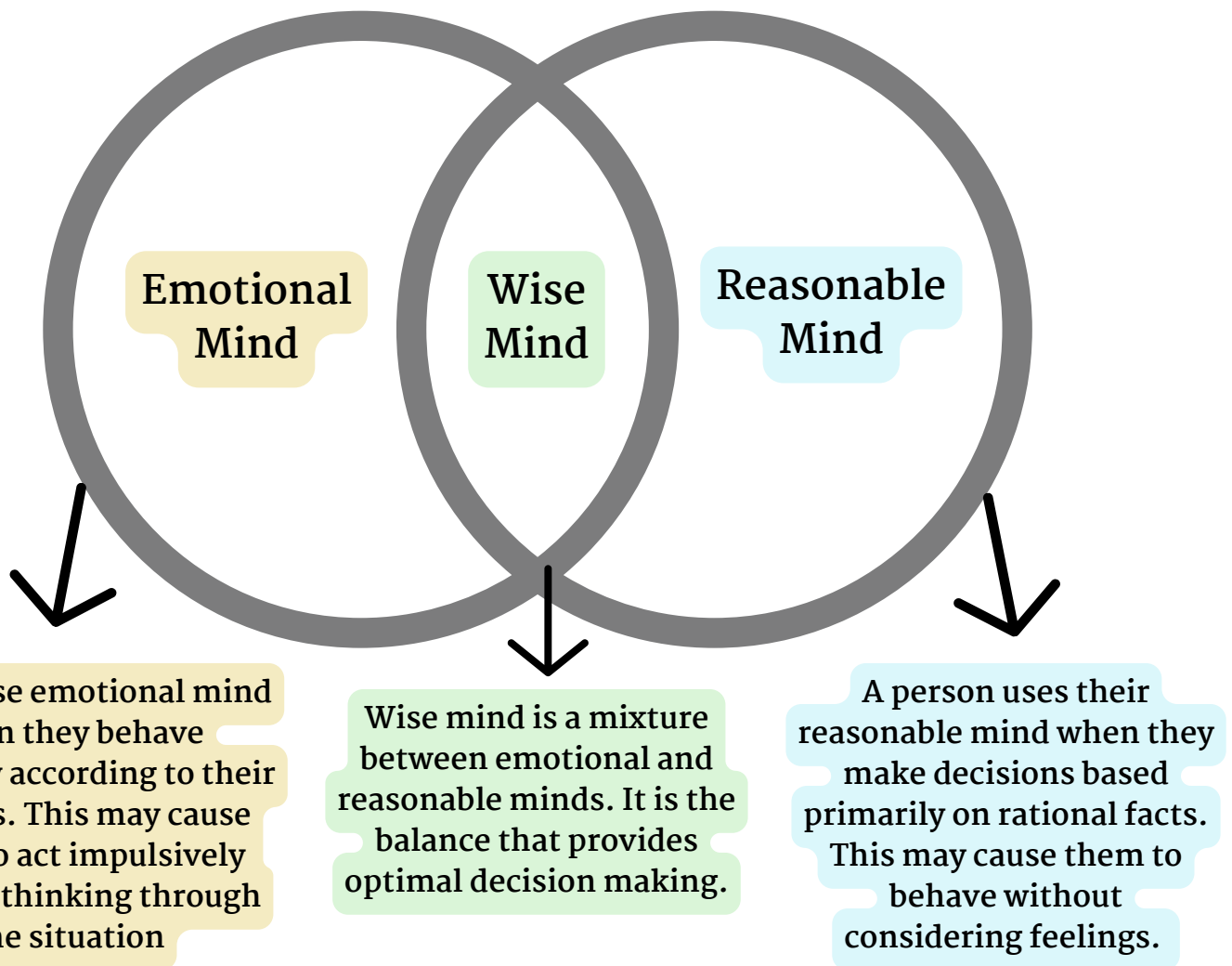
Although you are trying to focus on your environment, your mind will likely wander. That is okay. It is normal. Simply acknowledge that your mind is wandering and bring your focus back to your breath and your senses. Further, it is important to note your thoughts without placing a judgment on them.

Practice:

Practice is key in meditation. Allocate a short daily session, even just 10 minutes, to start. With regular practice, mindfulness can extend to various aspects of life, like walking or eating. The aim is to cultivate mindfulness in all endeavors, beginning with consistent practice.

My Wise Mind

According to DBT theory, the mind has three states: the reasonable mind, the emotional mind, and the wise mind.



Recognizing your predominant mindset is vital for decision-making.
Share one instance where you experienced each of these mental states.

Emotional Mind:

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Reasonable Mind:

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Wise Mind:

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