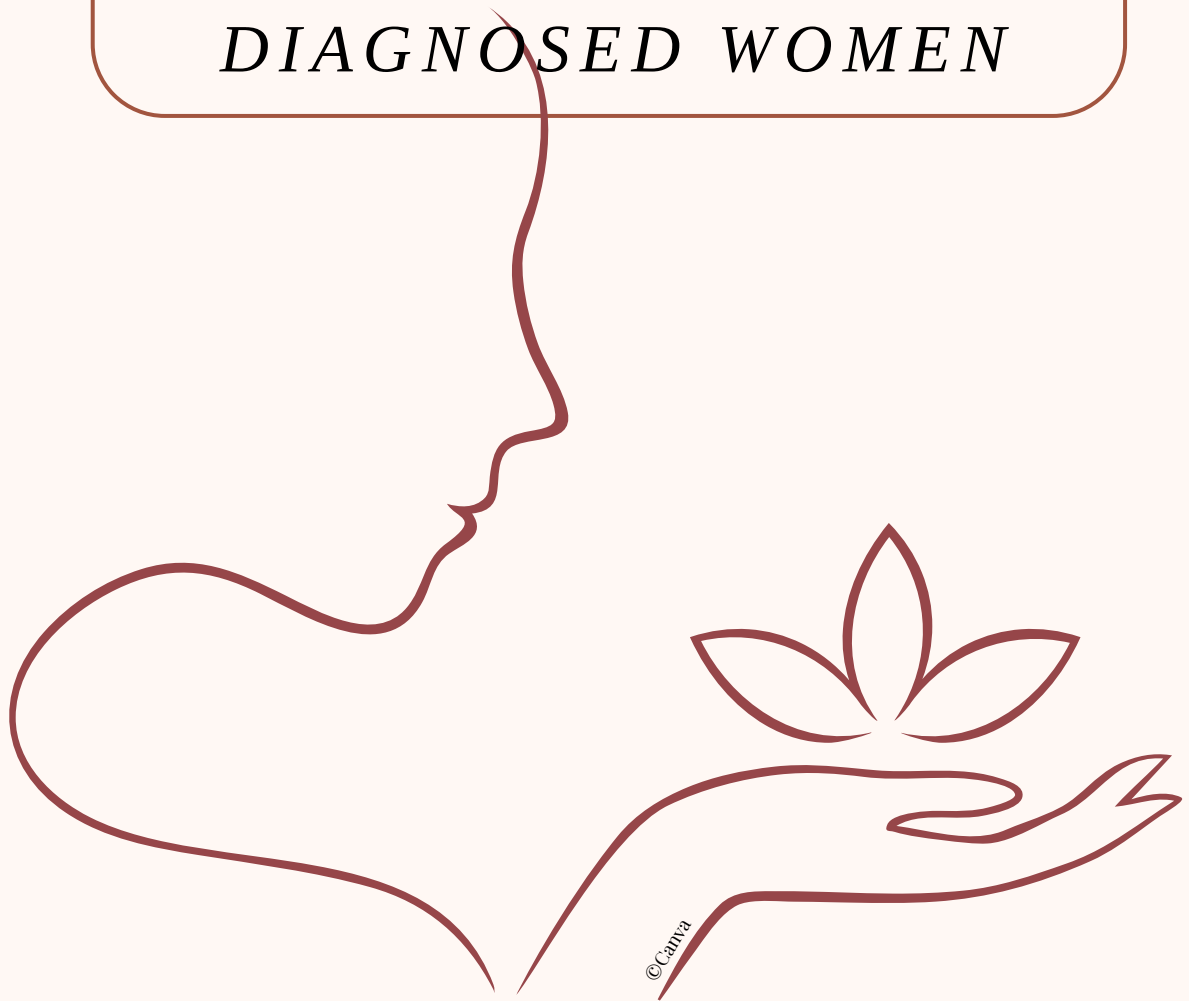


ADVENTURING WITH ADHD

*A GUIDE FOR LATE-
DIAGNOSED WOMEN*



CREATED BY VICTORIA CUMBERBATCH
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Disclaimer: I am not a medical professional, simply a late diagnosed adhd'er with a love of research. I am a credentialed ICF coach with an aim to collate & share my findings with others, to build the community I wish to see.



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Welcome!



Unlocking Your Unique Rhythms & Strengths

Hey lady, are you joining me in the club of the late adhd diagnosed & confused?

IDK about you, but I spent years feeling different —misunderstood, overwhelmed, inferior; all woven together with perfectionism, workaholism, a need to prove to someone that I was worth it and the copious shame from all angles.

Constantly blaming myself for struggles that others seemed to handle with ease. The truth? My brain was never, actually, broken or behind. It just operates differently, and the world wasn't built for this kind of brain power in this body.

This guide isn't about *fixing* yourself.

Instead, it's about embracing your strengths, understanding your brain's natural rhythms (especially with cyclical hormones), and practicing processes that truly work for us.

Think of this as the anti adhd advice book ;)



The Adventure



This is a short little, multifaceted workbook which shares some atypical suggestions for partnering with adhd instead of optimizing, managing or surpassing it.

I'm a big believer that we can adventure with adhd instead of identifying with it as an ankle weight.

Through my own lived experience combined with my some experimentation in mindset, embodiment, research, myriad tools & strategies, diet adjustments, types of exercise, supplements as well as leading several group coaching containers that covered much of the material in this workbook;

I know, that adventure is possible.

And not only that, it might even have a little bit of fun 🙄

What if, ease can be brought in to game?

Surprise, Surprise

ADHD in women manifests differently than in men, especially because of hormonal fluctuations and the added pressures of managing family, work, and emotional dynamics.

These nuances make diagnosis and treatment a more complex process, requiring deeper understanding and attention.

*Dr. Kathleen Nadeau, ADHD
Expert & Author*

No wonder, traditional ADHD advice tend to not work for women born with ovaries!

Work With Your Cycle Not Against It

Let's start at the start, shall we? ADHD symptoms fluctuate throughout the menstrual cycle due to hormonal shifts [*primarily, as estrogen dips, adhd symptoms worsen*]. Instead of forcing yourself to be *consistent* every day, consider cyclical living:

Follicular Phase (post-period):

High energy & creativity—
initiation, new projects,
brainstorming, HIIT



Ovulatory Phase (mid-cycle):

Peak confidence & social skills—
schedule meetings, networking,
deep conversations



Luteal Phase (pre-period): Detail-
oriented but low patience; mental
frenzy—wrap up tasks, declutter,
organize



Menstrual Phase: Brain fog,
fatigue—rest, plan, reflect



More Info Here!



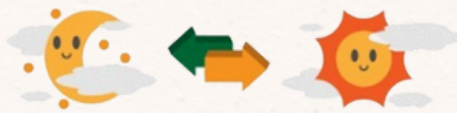
Give Yourself Permission

to be a fallible, multifaceted human

I wish somebody would have told me that...



suppressing emotions doesn't make them go away; it only makes them louder later.



it's okay to feel conflicting emotions at the same time.



I don't have to earn rest, love, or happiness—they are my birthright.



my brain isn't always right, especially when it's telling me the worst-case scenario.



it's okay to take life one hour, or even one breath, at a time.



people who love you won't always know how to support you, and that's okay.

@dr.gessicadistefano.phd

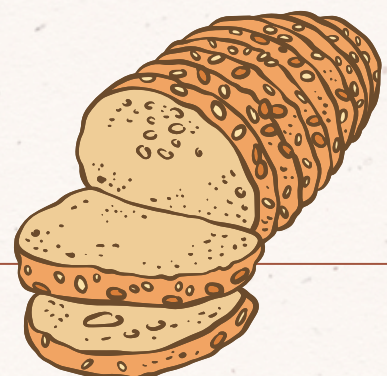
Ditch the Myth of ‘Motivation’— Try Breadcrumbs

build momentum

Women with ADHD often feel stuck,
**waiting for motivation that never
comes.**

Consider, **taking each step as a
breadcrumb** toward dopamine & a
little self celebration:

- ✓ *Start with any small action*—turning on a lamp, putting on music, making tea.
- ✓ Ride the *momentum*—follow it into the next step (e.g., opening your laptop, answering one email).
- ✓ Keep it *simple*—tiny actions build up, and getting started is half the battle!



Forget rigid 5 AM miracle mornings

your cortisol cycle matters more!



Try intermittent fasting? Right, how'd that go? Beside the fact that women run on an infradian rhythm as well as the circadian; women are also significantly affected by morning blood sugar levels. *So0o0, waking up to coffee and the laptop for work or school? This exacerbates symptoms in female hormonal body. Soz.*

Consider creating ritual or rhythm over routine.

Where there's ebb and flow with your daily peaks and valleys, as opposed to stringent guardrails *that are innately deterring.*

- See about allowing a soft start to the day (*hydration, stretching, music, mindfulness*).
- If you wake up wired, try a brain dump or movement to release built-up emotion (*energy-in-motion*).

Tip: Experiment with what feels natural rather than forcing what productivity gurus say.

Ritual & Rhythm



Consider some rituals or rhythms that can be woven into your weekly life. Here a few examples:

- Find a designated signal or activity to mark the shift between tasks, such as a quick walk, listening to a specific song, or 2 rounds of box breaths.
- Bring in the embodied senses to self regulate, like fidget toys, chewing gum, lighting up incense, or putting on a weighted blanket.
- When you begin noticing your energy dip, find a way to bring in movement like jumping, dancing to a song, tapping or box breathing.
- Put on your fave playlist for washing dishes to find mindfulness.

Processes & Systems



Cultivate SYSTEMS that are consistent.

YOU do not need to be consistent; consistency is a way of being that's been woven into the patriarchal, capitalist cultural norm for those directed by their circadian rhythm (male bodies).

Biological women rely on **both** the circadian AND infradian rhythms.

Have processes at the ready for when you falter (*because they will hold you up & life won't ever stop lifin'*).

Consistency, for women, is often a recipe for burnout.

Process + system = freedom

These can act as scaffolding, allowing for ease, flow, and more energy for creativity and deep work rather than constant problem-solving & context switching.

Process & System Examples



Reduce decision fatigue
Minimizes forgetfulness
Creates 'consistency' without burnout
Automates executive function
Supports emotional regulation

Planning & Time Mgmt.

- Weekly planning ritual
- Batch similar tasks
- Automation of recurring tasks (*as possible*)

Home Mgmt.

- Drop Zones (*ie. clutter basket*)
- Weekly meal delivery or CSA
- Sunday reset rhythm
- Prep. all veggies immediately after purchase

Work Efficiency

- Body doubling
- Response / outreach templates
- Energy over time mgmt.
- Scheduling tools

Emotional Regulation

- Grounding, presence rituals
- Daily mindfulness recharges
- Sensory kit
- Self check-in system

Relationships

- Shared calendar
- Standing / recurring appts.
- Schedule messages (*as appropriate*)

you just moved with your energy?

What if ...

you gave yourself permission?



healthyhappyadhd 3h

So many ADHD women are awake with all their ideas at 2am because their brain doesn't have any space during the day. You're constantly stimulated with phones, podcasts, tvs, music and people. You finally start winding down in bed and that's the only time your creative brain gets to speak to you. Solutions? Have a bath without a phone. Go for a walk without a podcast. Sit in a café alone. As I say in my book... make space to just BE.

♡ 168 💬 8 ↻ 14 ⚠ 7

Replies

View activity >



healthyhappyadhd 2h

if you enjoy my content and want to support my work, Healthy Happy ADHD is available to order now. It's the book I wish I had when I was trying to figure out HOW to feel healthy and happy as a woman with adhd (when nothing seemed to stick!) : linktr.ee/health... :)

♡ 💬 ↻ ⚠



healthyhappyadhd 2h

case in point. this thought came to me while in the bath staring at the ceiling!

♡ 💬 ↻ ⚠



thehealthhun 2h

going for a walk at night time is my FAVE - less cars, less people absolute bliss 😊

♡ 1 💬 ↻ ⚠



itsmrspottie 2h

I'd recently started reflecting on how little time I spent in silence. It's been an uncomfortable but rewarding process!

♡ 💬 ↻ ⚠

Dopamine Needs Novelty—Keep it Fresh



Your brain craves newness!

Instead of feeling guilty for *losing interest* in things, consider giving yourself permission to **be dynamic, changeable and multi-interested**

the Remedy??

 **Rotate hobbies** every so often (*no shame in moving on*).

 **Change work environments** (*coffee shops, different rooms*).

 **Refresh simple tasks** with new music, scents, or lighting.

 Try your hand at creating a **DopaMenu**



➔ Snag a phone lock-screen template to create your DopaMenu

On: Self Regulation



How to Self-Regulate

Nawal Mustafa M.A. @thebraincoach



When I am Feeling

I will

Angry

Pause until I am able to think clearly so I can respond rationally instead of reacting.

Overwhelmed

Write down what I need to get done and focus on one task at a time based on importance.

Insecure

I will work on appreciating and accepting myself, flaws and all. I am more than I give myself credit for.

Rejected

I will acknowledge that this feeling sucks but I will not let it consume me. Rejection is redirection.

Discouraged

I will be kind to myself and remind myself of the reason why I am trying. I will use that as my strength.

Mask, Mask City



Many late-diagnosed women overcompensate to appear *normal*—over-apologizing, suppressing natural quirks, choking down thoughts & ideas and exhausting themselves trying to *keep up*.

👁️ Where are you forcing yourself to act *normal*?

- **Consider unmasking in safe spaces** first—with close friends, ADHD communities, a coach, or a therapist.
- **Notice** where you **feel drained** after social interactions —*that's often masking fatigue.*

More on this in
my monthly
masterclass >>



The Story I'm Telling



Take a look at some of these goodies to delve deeper
Click to view or snag the QR code below



What's coming up for you? 

Don't Sleep on Community



Look, women need other women. The thing that most of us abhor (*asking for support*) tends to be the thing can be the most healing.

ADHD challenges in the female body (*hormonal shifts, emotional labor, masking fatigue*) are different from the typical ADHD experience that we're told to believe.

Finding women who get it—*online groups, support circles, or coaches*—can do significantly more than you think.

Tip: Facebook groups are shockingly poppin' for this! Check Eventbrite or local neurodivergent groups online.

Bonus: Labs



If you'd like to request a full picture of your ADHD related health and hormonal balance, these are some of the best labs to request from your health practitioner:

ADHD & Neurotransmitters

- Magnesium (RBC Test)
- Zinc & Copper Panel
- Vitamin D
- Iron Panel (Ferritin, Serum Iron, TIBC, Transferrin Saturation)
- Omega-3 Index

No, you absolutely do not need to get all these or any at all! It's simply a way to empower you in your health journey.

Hormones & Thyroid

- TSH
- Free T3
- Free T4
- Reverse T3
- Thyroid Antibodies (TPO, TGAb)
- Cortisol
- Pregnenolone & DHEA-S



Insulin & Inflammation

- Fasting Insulin & Glucose
- Hemoglobin A1C
- C-Peptide
- High-Sensitivity C-Reactive Protein (hs-CRP)
- Homocysteine
- Histamine & DAO Enzyme Test
- Comprehensive Stool Test (GI-MAP or similar)

Or, you can request a single DUTCH test

Reproductive

- Full Sex Hormone Panel
- LH & FSH (Can indicate PCOS if LH:FSH ratio is off)
- SHBG (Sex Hormone-Binding Globulin)
- Prolactin

Always do your own research & see about access to an integrative or functional doc!

Bonus x2 || Instead of ...



How about ... an empowering way to reframe your experience rather than just adapting to mainstream, often neurotypical-centered advice.

Instead of This:

Try This:

Instead of just relying solely on **stimulants** for focus

Layering in **movement** [*walking meetings, dance breaks, or somatic shaking*] to work with your nervous system, not just your brain.

Instead of forcing a rigid **morning routine**

Syncing your day with your natural hormonal fluctuations. If postmenopausal, experiment with shorter focus sprints.

Instead of "**hacking**" productivity

Try working with your unique **sensory profile**. Try noise-canceling headphones, scent anchoring (essential oils, incense), or color-coded visual cues to regulate your sensory input

Instead of aiming for "**consistency**"

Thinking in terms of **rhythmic seasons**. Work with your natural energy waves instead of forcing daily uniformity.

Always do your own research & see about access to an integrative or functional doc!

Bonus x2 || Instead of ...



Instead of This:

Instead of thinking ADHD means
"I'm bad at relationships"

Instead of defaulting to the
most popular **ADHD diets**
[*high-protein, keto*]

Instead of **self-judging** for
needing "too much" stimulation"

Instead of masking to **fit in at
work**

Instead of thinking **ADHD is
just about the brain**

Try This:

Try **unmasking** in safe spaces to see
how cultural and gendered
expectations have shaped your
experience. Healing means
reclaiming authentic self-expression.

Tracking how **different foods**
interact with your specific
metabolism and genetics.

Reframing it as an ancestral
advantage. Many ADHD traits
(novelty-seeking, risk-taking,
hyperfocus) were evolutionary
strengths in communal, creative, or
high-movement societies.

Cultivating a **sensory-friendly
workspace** that honors your ADHD
needs. [*Soft lighting, standing desks,
certain colors, or fidget tools*]

Seeing it as a **full-body experience**.
Regulation (*breathwork, vagus nerve
activation, herbal support like saffron
or rhodiola*) can shift ADHD
symptoms in powerful ways beyond
traditional approaches.

About the Author

Victoria Cumberbatch



TLDR, I'm a traveled, biracial, millennial, woman, with high functioning anxiety, ADHD-H & PCOS. I'm also a bit of a self development glutton that wants to be the change seen in the world.

ENFJ | Enneagram 1 | Capricorn | Generator

Following a decade in community building, I pivoted to curating community in person. As an ACC resilience coach based in Denver USA, I bring people from living in states of TENSION to living in a state of INTENTION.

I weave a decade of experience in crafting community, cultural awareness from traveling to 70+ countries, & a lifetime of asking the harder more existential questions into my offerings.

For **funsies**, I love sciFi, high fantasy, drinking morning coffee in a European plaza, falling into deep convo., learning AMAP, playing grass volleyball & long drives with my boo!

Let's Stay Connected

THANK
☺ YOU



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