



ADHD in Girls and Women

Thriving with ADHD begins with understanding, adapting, and growing.

Understanding

- ADHD often shows up differently in girls and women— quiet, internalized, or overlooked.
- Common traits include distractability, emotional sensitivity, restlessness, or overthinking.
- Many experience masking, where they hide symptoms to fit in.
- Awareness of co-occurring conditions like anxiety, depression, or sleep challenges is key.
- Understanding your own patterns and triggers is the first step toward thriving.



**Embrace your brain.
Celebrate your strengths.
Thrive in your own way.**

Adapting

- Ask for help— reach out to friends or family when overwhelmed, or get accommodations to help you succeed in school or work.
- Set realistic expectations and be gentle with yourself— perfection isn't the goal.
- Build routines that match your natural energy and focus patterns.
- Experiment with daily strategies to see what works best for you.

Growing

- Seek evaluation from ADHD-informed professionals.
- Consider therapy or coaching tailored for women and girls with ADHD— this can help you understand patterns, manage emotions, and reduce masking.
- Focus on your strengths and superpowers: creativity, empathy, problem-solving, hyperfocus.
- Celebrate all successes and progress— growth takes time.