

# 4 Domains of Self Care with ADHD

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## Physical

- Control your dopamine (*drips not a fire hose*)
- Take frequent breaks
- Get enough sleep
- Remember to eat
- Move your body
- Go outside for 5 min to recharge
- Take prescribed meds

## Social

- Give yourself time to decompress
- Use low-effort ways to stay in touch (sending memes, etc)
- Keep healthy boundaries
- Avoid comparing your life to others
- Playing w/pets or talking to friends online is also social!
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## Sensory/ Input

- Check your lighting
- Take breaks to decrease stimulation
- Mute tv or other devices when needed. Use captions.
- Try earplugs or "loops"
- Use fidget devices
- Take 5 min for yourself (even if it's in the bathroom!)

## Emotional

- Check in with yourself throughout the day
- Breathe (yes- this is emotional)
- Use mindfulness strategies
- Do what you love
- Keep good boundaries
- Spiritual practices
- Stop beating yourself up
- Let your inner child play.

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