

If you only remember five things

Stick this on the fridge. The next two pages give you one idea and one action from every chapter.

1

Be kind to yourself first

Talk to yourself like your best friend. Would you call her lazy or too much? Then don't say it to you. Every other change gets easier from here.

Chapter 18

2

Never skip breakfast

High protein, high fibre, whole food. Prep a week of it in one go so it takes no willpower. Steady blood sugar means steadier energy, mood and focus.

Chapter 6

3

Your symptoms are real. Write them down.

Falling oestrogen hits an ADHD brain twice. Track your symptoms against your cycle, take the list to your appointment, and find a practitioner who listens.

Chapters 4 and 5

4

Let systems do the remembering

Decide once. Put it in your phone. Break jobs into tiny steps. Falling off the routine is normal, so restart with one small thing.

Chapter 12

5

Protect your nervous system

Same bedtime every day. Breathe into your belly. Set boundaries about what you will do, not what they should do. Calm comes before change.

Chapters 7, 11 and 14