

# Your ADHD Resilience Energy

## ROADMAP



*From anxiety and overwhelmed to a renewed relationship with your child*

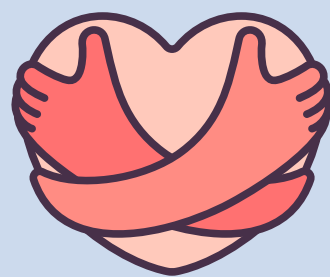
### RECOGNITION

- Acceptance of your child's executive functioning struggles and how you are managing your ADHD



### REFUEL

- Self-care
- Nutrition
- Sleep
- Boundaries
- Managing your own emotions



### RESET

- Patterns – knowing your triggers, knowing your child's triggers.
- Practice – Being aware of yourself talk and the way you talk to your children.
- Interaction – Looking at your interactions with your child and reflecting on what went well and what needs work with curiosity.
- Restoration – Connecting with your child's curiosity and compassion. Giving yourself grace. This requires practice.

### REFRAME

- Reframe – Self-esteem, holding hope of a new story.

### THINK ABOUT

**LOOK AT WHAT WORKED AND WHAT DID NOT WORK FOR YOU AND YOUR CHILD. HOLD A REALISTIC HOPEFUL PICTURE OF HOPE.**

- What are you proud of?
- What did you do differently?
- What if one thing could change everything about your child's future?
- What would this mean for you?
- What was this mean for your child?