



Signs of ADHD in Girls & Women

ADHD (Attention-Deficit/Hyperactivity Disorder) is often misunderstood – especially in women.

Many women spend years believing they're simply "messy," "lazy," or "emotional," when in reality, their brain is wired for rapid thought, deep emotion, and creative intensity.

Girls and women often develop strong coping strategies that hide their ADHD – masking, perfectionism, people-pleasing, or chronic overachievement.

This is why so many aren't recognised until adulthood.



Common Signs of ADHD in Girls & Women

- Mind constantly racing – hundreds of thoughts at once.
- Forgetting simple things but remembering emotional details.
- Struggles with focus, time, or organisation – yet thrives under pressure.
- Periods of intense productivity followed by burnout or paralysis.
- Emotionally reactive – feels everything strongly and instantly.
- Interrupts or overshares unintentionally; regrets it later.
- Difficulty sitting still internally, even when appearing calm.
- Avoids tasks that feel overwhelming – even important ones.
- Tends to daydream, zone out, or drift mentally.

The Hidden Side of Female ADHD

Women with ADHD often internalise blame.

They may overcompensate by trying to be “perfect” – the perfect student, employee, mother, or friend.

Inside, they're exhausted, overstimulated, and struggling to keep up with invisible expectations.

This constant self-correction can lead to:

- Anxiety or low self-esteem
- Emotional exhaustion or “masking fatigue”
- Rejection sensitivity — fear of letting others down
- Difficulty setting boundaries or saying no

Hormones & ADHD

Hormonal changes (menstrual cycle, pregnancy, menopause) can intensify ADHD symptoms.

Estrogen impacts dopamine — the brain’s motivation chemical — meaning focus and mood may fluctuate throughout the month.

Tracking hormonal patterns can help women understand when their focus and emotions are naturally stronger or more sensitive.

Support & Management

ADHD is not a lack of willpower — it’s a difference in regulation.

Effective approaches include:

- ADHD-friendly planners, alarms, and accountability tools.
- Regular movement or body-based grounding.
- Compassion-based therapy or coaching.
- Balanced nutrition and adequate sleep.
- Supportive environments that honour neurodiversity, not shame it.

Remember

You are not lazy or crazy.

Your brain simply moves differently — faster, deeper, louder.

And once you learn its rhythm, you can thrive within it.

