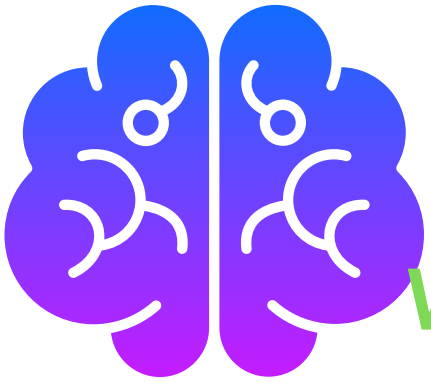

What Is AuDHD

Why do I relate to both?

Understanding AuDHD

AuDHD stands for Autism and ADHD combined — two neurodevelopmental differences that often coexist in the same person.

People with AuDHD experience traits from both conditions at once: the focus, sensory, and emotional differences of autism, and the impulsivity, energy, and attention challenges of ADHD.

It isn't a disorder of character — it's a difference in how the brain processes information, emotion, and the world.

AuDHD affects how a person thinks, feels, connects, and responds to stress.

Common Traits of AuDHD

- Deep focus on specific interests but easily distracted from daily tasks.
- Emotional intensity — feelings come fast and strong.
- Difficulty filtering sensory input (noise, light, textures).
- Struggle with organisation or memory, but extreme creativity and insight.
- Social fatigue — wants connection but needs solitude to recharge.
- Alternates between overthinking and acting impulsively.
- Often described as "all or nothing."

Why It's Often Missed

Because autism and ADHD can balance or mask each other.

An autistic person might appear "too social" because ADHD drives curiosity — or an ADHDer might seem withdrawn due to autistic sensory overload.

Especially in women and girls, traits are internalised, mistaken for anxiety, or dismissed as personality quirks.

How It Feels

- Always thinking — but hard to focus on what matters most.
- Needing quiet but craving stimulation.
- Feeling “too much” or “not enough.”
- Overwhelmed by social rules but desperate to belong.
- Constant internal conflict between doing and resting.

Understanding & Support

AuDHD isn’t a limitation — it’s a different rhythm of life.
Therapeutic and lifestyle approaches that help include:

- Consistent routines with flexibility.
- Grounding or movement breaks to regulate energy.
- Emotional check-ins and sensory awareness.
- Spaces that value creativity, empathy, and autonomy.
- Compassionate communication — not correction.

Remember

You don’t have to fit into one label.
You’re allowed to learn how your mind works — and build a life that fits you.