



Edumentor Hub  
*by Darine*

# Self-Love & ADHD





# A Guide to Embracing Your Unique Brain

## What is Self-Love for ADHD?

- Self-love isn't just about feeling good—it's about understanding, accepting, and supporting yourself in a world that often misunderstands ADHD. It means giving yourself grace, setting up systems that work for you, and celebrating your progress.

# A Guide to Embracing Your Unique Brain

## ADHD-Friendly Self-Care Tips

### ✓ Make Self-Care Easy & Accessible

- Keep a self-care box with fidget toys, your favorite snacks, and a journal.
- Use visual reminders (sticky notes, phone alarms) for hydration, movement, and breaks.

### ✓ Listen to Your Brain's Energy Levels

- High-energy? Tackle creative or fast-paced tasks.
- Low-energy? Opt for quiet self-care like reading, deep breathing, or music.

### ✓ Set Boundaries Without Guilt

- Say no to things that drain your energy.
- Protect your dopamine by prioritizing tasks and people that bring joy.

# A Guide to Embracing Your Unique Brain

## Affirmations for ADHD Self-Love

I am not lazy; I work differently.

💡 My brain is creative, unique, and valuable.

🌱 I give myself grace as I learn and grow.

🚀 I am allowed to take breaks without guilt.

💛 I am worthy of love, just as I am.

## Time-Management Hacks for ADHD

Use the “2-Minute Rule”

- If a task takes less than 2 minutes, do it immediately to avoid procrastination.

Try the Pomodoro Technique

- Work for 25 minutes, then take a 5-minute dopamine break (stretch, music, or snack).



# A Guide to Embracing Your Unique Brain

## Time-Management Hacks for ADHD

### Time Block for Success

- Instead of a strict schedule, group tasks by energy level (e.g., deep work in the morning, admin in the afternoon).

### Use Fun Alarms & Timers

- Set a timer with your favorite song to start and end tasks.

### Final Reminder: You Are Enough!

- Valentine's isn't just about external love—it's about loving yourself first. ADHD is not a flaw; it's a different way of thinking. Celebrate yourself today and every day!

**Want more ADHD-friendly tips? Follow me**