



Adelaide Adult ADHD

# NEWSLETTER

*Adelaide Adult ADHD is a community and a voice for adults with ADHD.*

MAY 2024

INFORMATION AND SERVICES  
NEW ON THE WEBSITE  
COMMUNITY

REGULAR UPDATES

WHERE YOUR COMMUNITY IS  
FEATURED NEWS STORY  
YOUR LIFE, YOUR VOICE

GET INVOLVED

WHO WE ARE



## HOW ARE YOU FEELING?

The weather is cooling down in South Australia.

Changes in the physical environment create sensory changes - visual stimuli change colour, tactile environments become brittle and scratchy or fluffy and bulky, food changes texture and taste, indoor and outdoor conditions change in temperature and humidity. This year, there is also a palpable sense of dryness as we wait for the delayed autumn rains to begin.

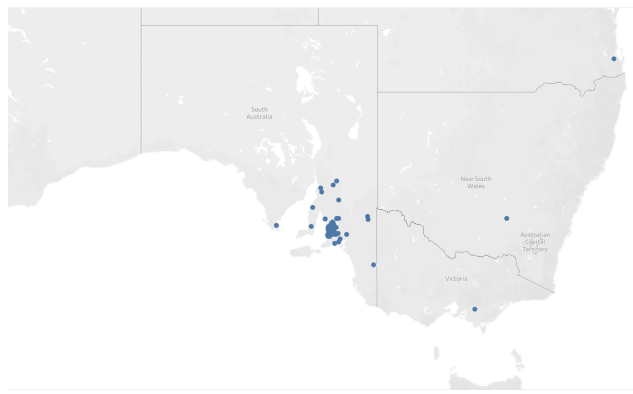
Take some time to check in with yourself about how these physical and sensory changes are affecting you. Some people are summer lovers and may be feeling a sense of sadness as the light and heat are waning. Some people may be feeling invigorated by the muted tones and crisp air.

While we have limited capacity to influence our physical and sensory environments, being aware of how they are changing and how we are reacting to those changes can empower us to manage our feelings and responses with intentionality and kindness. It can be empowering to recognise when our feelings and behaviours are reactions to external stimuli, so that we can think and talk about that rather than blaming ourselves for whatever shortcomings we may otherwise diagnose ourselves with.

Be kind to yourself, and remember that you and your feelings are valid.

# WHERE YOUR ADULT ADHD COMMUNITY IS

(196 RESPONSES)



## Help us, and help others, understand you and your community.

Learning about the people who make up this community can help reduce feelings of isolation, and build a voice for support for adults with ADHD.

 Learn more about your community

 Be part of the picture *(completely anonymously)*

# NEW ON THE ADELAIDE ADULT ADHD WEBSITE

## CALENDAR OF EVENTS

The Adelaide Adult ADHD website has a [new calendar](#) bringing together online and face-to-face events relating to adult ADHD.

Events include no-cost, low-cost and paid activities but does not act as marketing for businesses - we are just compiling events we find in the wild and putting them in one place to save you having dozens of tabs open!

Please let us know if you have an event you would like added to the calendar by **emailing us**.

 [Our website](#)

# FEATURED NEWS

RESEARCH, REPORTS AND MEDIA ABOUT ADULT ADHD

The Adelaide Adult ADHD website has updated its libraries of research, reports and media articles relating to adult ADHD. You can now search for items by key word, by date, and by document type.

Don't forget you can send in any interesting articles for inclusion in the library by emailing [adelaide@adadadhd.net](mailto:adelaide@adadadhd.net).

 [Full story here](#)

# YOUR LIFE, YOUR VOICE

*Tell us about your lived experiences of adult ADHD*

Do you have a **story to tell**? A **tip to share**? We're always listening, learning and looking to understand.

 [Stories](#)