



# Adelaide Adult ADHD Newsletter

January 2025 Newsletter

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

Dear all,

We are pleased to provide you with the **January 2025 Adelaide Adult ADHD newsletter** which you can also read [online here](#).

Please feel free to share this newsletter. Take care.

## LEARNING TO ADJUST RATHER THAN IMplode

New year, new...something? New nothing? New everything? The usually overactive adult ADHD mind can be especially overactive at a time of year when we are bombarded with messages of change and opportunity and resolutions and intentions and goals. Should we be planning more? Should be committing to more? Are we enough? Are we too much?

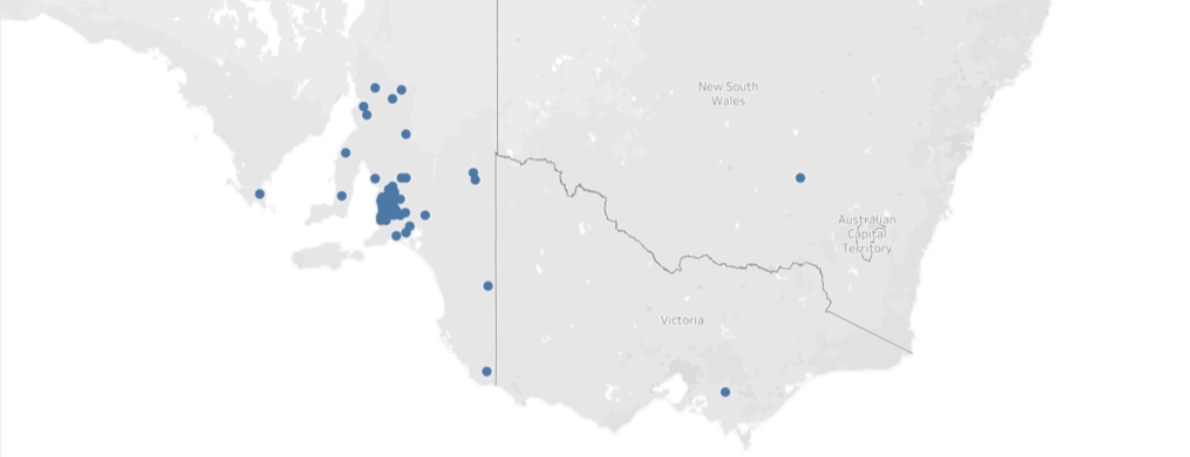
A common adult ADHD reaction to this sort of pressure can be the 'all or nothing' response. To decide to either run 10km every single day, or to stop trying to exercise altogether. To keep the house surgically clean or to give up on housework completely. To continue sharing newsletters every single month or to shut down an entire website.

The need for perfect can so often get in the way of good, or better, or enough.

For the next little while, Adelaide Adult ADHD will be sharing newsletters on a quarterly rather than monthly basis.

## WHERE YOUR ADULT ADHD COMMUNITY IS

Number of responses: 204



**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)

## ADELAIDE FRINGE 2025

***I Think I'm Dying [But I Don't Want To Go To The Doctor]***

Maddy Warren would like to share with our community the show that she is presenting at this year's Fringe Festival.

*Step into a world where chaos meets comedy, and life's messy moments take centre stage. This heartfelt and hilarious show dives into the ups and downs of living with ADHD, tackling anxiety, forgetfulness, and the universal struggle of feeling like an imposter in your own life. A touching exploration of grief, acceptance, and the resilience it takes to navigate life's curveballs.*

*With sharp wit and raw authenticity and just a touch of goofiness, you will leave with a fresh perspective on embracing your quirks and finding joy in imperfection. Don't miss this exciting new work that turns life's struggles into moments of shared understanding and celebration.*

[Information and tickets here.](#)



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Adelaide Adult ADHD Support