

ADHD BURNOUT GROUP EXERCISE



Recognizing Symptoms of Burnout:

- Chronic fatigue and mental exhaustion
- Struggles with self-care and daily activities
- Communication difficulties
- Heightened sensitivity to sensory input
- Reduced social skills or motivation for interaction
- Decline in executive functions (organization, time management)
- Emotional hypersensitivity and irritability
- Loss of previously acquired skills
- Increased impulsivity and attention difficulties
- Exacerbation of Rejection Sensitive Dysphoria (RSD) and emotional regulation issues

Reflect on Your Experience:

- How have these symptoms manifested in your life?
- Can you reframe them as protective signals from your body?

