# Wellness Support for the ADHD Brain

## Session 4

*interative workbook*

STUDENTS
STRESS LESS COACHING

**COLLEGE ADHD 101**

backpack version

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# SESSION #4

## Wellness Support for the ADHD Brain

**What confuses you about the need to support the ADHD brain with *additional wellness actions* while taking stimulant (or non-stimulant) medication?**

**Have you ever experienced thoughts of being "lazy" and felt shame for not being able to perform or execute like others?**

**What does "self-advocacy" in college mean to you?**

**What is one thing you do consistently to support your ADHD brain outside of taking medication (or in place of) that you see consistent positive results from?**

**Name one thing you want to walk away from this session feeling better about or understanding more?**



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