

Intro: [\(00:00\)](#)

Having an ADHD brain is a mixed bag. Sometimes it's good news. And sometimes, well, it's not. Even ADHD professionals have trouble with their ADHD. They try harder and harder and harder to overcome the chaos that's ADHD. And finally, they overcome the barriers of ADHD and they become what we call at ADDA, ADHD heroes. And that's what TADD Talks are all about this year. Your favorite ADHD professionals sharing their ADHD stories. So, join us here at ADDA, the Attention Deficit Disorder Association every single day of October, because it's ADHD Awareness Month. Here's the next inspiring story.

Elizabeth Brink: [\(00:49\)](#)

Hello and welcome to TADD Talks with ADDA. I'm Elizabeth Brink, neurodiversity coach coming to you from Kansas City, Missouri. And I'm grateful to the folks at ADDA for inviting me to share part of my story with you. Throughout my life, I've struggled with various aspects of my body, which I'm sure many of you can relate to. Everything from the size of my body, to how it doesn't function like everyone else's. I don't like sports. I drop stuff. I run into things. And my answer to how I'm feeling is most often tired. In my twenties, a dear friend asked me why I was always so tired. I didn't really have an answer then. Now I understand more about the cognitive load of daily life for me. It takes a lot of energy to complete a task while also processing noises in the distance, sensing the urgency of something else that needs to get done.

Elizabeth Brink: [\(01:55\)](#)

Noticing the itch in my left foot and the increasing temperature of the room. Modern life requires too many decisions with too much information flying at us. I regularly get trapped reading online reviews for multiple products and giving up until the next time I need to vacuum and then I remember ours needs to be replaced. We have one energy bucket and much of what we do makes withdrawals from it. For some of us, the fees are higher for things that, well they seem to be lower for other people. There is nothing wrong with us. Some of us simply tire more quickly. In the last five years, my body carried me through three miscarriages, two healthy pregnancies, a cross country relocation, a global pandemic- Oh yes- and early menopause. When I heard on a Brené Brown podcast, that feelings are actual physical sensations in our bodies. I was floored y'all. How did I get into my forties without knowing feelings are called feelings because you feel them? Yes, it's true. From childhood, I internalize the message that my feelings were too big and overwhelmed others. This core belief, it resulted in a deep distrust of my body. After all, it sounds the alarm prematurely and too loudly, according to other people. If I wanted to be socially safe, I needed to keep myself small. Most specifically, my feelings needed to stay small. The harsh reality is that putting a cap on emotions means disconnecting from the body, while at the same time internalizing stress that causes illness and more stress. This pattern of ignoring myself was modeled to me and encouraged by adults in just about every area of my life. Learning to identify that I'm having feelings was really transformative. I always knew I was feeling things but giving myself permission to acknowledge them at a cognitive level and in relational contexts was really healing.

Elizabeth Brink: [\(04:20\)](#)

So, how'd I do that? Well, it started with just noticing that I am feeling things; beyond just

moving through the world with the feelings rushing through me. Noticing that I was dysregulated, noticing that I wasn't feeling my baseline. And then in addition to that, identifying what the feelings were beyond just frustrated or confused, really not allowing myself off the hook with the, I don't know answers. And then establishing norms in my relationships that encouraged identifying emotions. So, telling loved ones how I feel using actual emotion words; looking them up, looking up an emotions wheel, which is an imperfect tool, but it's helpful for some. And then asking others what they are feeling; so, eliciting from them feeling words. And then I also learned strategies for regulating my nervous system. So, as I've gotten better at identifying what I'm feeling, I've been able to notice well before they're surfacing, that something is shifting within my body.

Elizabeth Brink: ([05:29](#))

My body is the hero of my story. It has gone through so much heartache, striving and healing, and it deserves to be cared for and listened to. Our bodies hold rich information. Some of which can help us to manage life in ways that feel good to us. And then other ways that help heal. My neurodivergent brain makes connecting with myself tricky sometimes because I get, or I forget, or I get pulled into something and I tune out everything around me, including my urge to go to the bathroom. Checking in with myself and accepting whatever answer I hear is a daily practice. It does not come naturally. And it doesn't happen perfectly every day, all day long. But moment to moment is a new opportunity to try again. So, I'd like to invite you to consider partnering with your body as this hectic year winds down, you are allowed to slow down.

Elizabeth Brink: ([06:36](#))

You are allowed to conserve energy. You are allowed to listen to your body and tend to it. I want to leave you with this question: How can you honor your body in tiny ways as the world pulls your attention in a million other directions. Thank you for spending time with me today. I'm Elizabeth Brink, neurodiversity coach. And if these words resonated with you, sign up on my website for my Sunday letters where I share thoughts like this, about what I'm currently learning and thinking about. My website is [thrivingsistercoaching.com](http://thrivingsistercoaching.com), thriving sister [coaching.com](http://coaching.com). I am wishing you a moment of attunement with your own body and healing as you see the heroic accomplishment of making it to this moment.

Outro: ([07:32](#))

Thanks so much for joining us for TADD talks this year. I'm sure you enjoyed these inspiring stories and there's so much more. In fact, why don't you join us for the 2021 virtual ADHD International Conference November 4th through the 6th. And you might want to consider joining ADDA as well. It's a great investment for a small amount of money as little as \$5 a month. And remember, so when you feel like hope is gone, look inside you and be strong and you'll finally see the truth, that a hero lies in you. hero flies in you.