

Self-Check in For Neurodivergent People

Neurodivergent people, specifically ADHD, Autistic, and AuDHD people, tend to struggle with meeting our own needs

This checklist can help you check-in with yourself, to help you identify how you can help yourself feel better

1. How's my interoception? Am I...

(Interoception is self-awareness of the body)

Hungry?

Thirsty?

Tired?

Do I feel pain anywhere in my body?

Hot or cold?

Over or under stimulated?

Do I need to move my body more or less?

Which of these can I do to meet my needs now, and which can I make a plan to address later?

2. Would a short break help me feel more calm?

Do a mindfulness or grounding activity, i.e. look out the window or go outside for a minute, check in with your 5 senses

3. How's my self-care lately? In the past week, have I?

Had time alone to rest?

Had social play or rest time with others?

Have I been talking nicely to myself?

Have I listened to music?

Have I eaten any fruits or vegetables (even canned or frozen)?

How is my hygiene, personal and at home?

Have I taken my medications and vitamins?

Have I learned something interesting?

Have I supported others or the community?

Have I appreciated nature, even the clouds from my window, or spent time with a pet?

Have I prayed, practiced mindfulness, or participated in my form of spirituality?

Which of these can I fix now, and what plans can I make to fix them later?

4. How are my interpersonal relationships?

Do I have people in my life I can trust?

If yes, have I talked with them about my life lately?

If no, who do I know that I want to know better, or where can I go/what can I do to make more friends?

5. What have I done for fun or relaxing lately?

Consider creating a resiliency plan, of activities that you enjoy, that you can do on a regular basis to support your mental health:

- Build & work on social relationships: Friendships are key to positive mental health!
- Find a variety of hobbies for different life aspects. Make these part of your regular schedule so you can easily go to them when you need, and build up resilience
 - Creative (examples: crochet, painting)
 - Energetic (examples: walks, yoga, swimming, going to the gym)
 - Social (activities with friends, together or parallel play, which is doing activities side by side)
 - Alone time (reading, meditating, playing games)

6. Congratulations! How is your mood now?

What have you learned about what you need right now?

If you are in distress, please consider talking with a mental health professional or calling 9-8-8 to talk with someone right away