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Mental Health & Wellbeing

Disclaimer

This workbook has been created by Safe Haven Connect CIC to provide general mental health information, self-help guidance and wellbeing activities.

The information in this workbook is for educational and self-help purposes only. It is not a substitute for professional medical advice, diagnosis or treatment.

This workbook is designed to support people living with ADHD or ADHD-related challenges. It is not a diagnostic tool and cannot confirm whether you have ADHD.

If you believe you may have ADHD or have concerns about your mental health, please speak with your GP or another qualified healthcare professional.

If you feel you or someone else is at immediate risk of harm, contact your local emergency services or an appropriate crisis support service immediately.

By using this workbook, you accept responsibility for your own wellbeing and decisions.

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PAGE 1 – Understanding ADHD

 What is ADHD?

ADHD (Attention-Deficit/Hyperactivity Disorder) is a neurodevelopmental condition that can affect attention, organisation, impulsivity and activity levels.

People experience ADHD differently. Some mainly struggle with attention, others with hyperactivity and impulsivity, while many experience a combination of both.

With the right strategies and support, people with ADHD can build on their strengths and manage everyday challenges.

Common ADHD challenges

- ☐ Losing focus easily.
- ☐ Forgetting appointments or tasks.
- ☐ Difficulty organising.
- ☐ Feeling restless.
- ☐ Acting impulsively.
- ☐ Becoming overwhelmed.
- ☐ Difficulty finishing tasks.
- ☐ Time management struggles.
- ☐ Misplacing important items.
- ☐ Emotional ups and downs.

Reflection

Which ADHD challenges affect me the most?

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PAGE 2 – My Daily Challenges

Understanding your daily challenges can help you find practical solutions.

♥ I struggle most with...

- ☐ Concentration.
- ☐ Organisation.
- ☐ Time management.
- ☐ Remembering tasks.
- ☐ Managing emotions.
- ☐ Completing projects.
- ☐ Keeping routines.
- ☐ Distractions.
- ☐ Motivation.
- ☐ Other

♥ My biggest challenge

♥ How does it affect my daily life?

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PAGE 3 – My First Small Step

Managing ADHD is easier when you focus on one small change at a time.

♥ This week I will...

- ☐ Use a daily to-do list.
- ☐ Set reminders.
- ☐ Break tasks into smaller steps.
- ☐ Take regular breaks.
- ☐ Create a simple routine.
- ☐ Organise one area.
- ☐ Finish one task before starting another.
- ☐ Celebrate small successes.
- ☐ Ask for support if I need it.

♥ My first ADHD goal

♥ How will this help me?

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PAGE 4 – Understanding My Attention

Everyone's attention changes throughout the day.

Learning when you focus best can help you work with your brain instead of against it.

 I focus best when...

- ☐ It's quiet.
- ☐ I listen to music.
- ☐ I work in short bursts.
- ☐ I have clear instructions.
- ☐ I remove distractions.
- ☐ I have regular breaks.
- ☐ I use a timer.
- ☐ I work with someone else.
- ☐ Other

 My best time of day to focus

♥ One distraction I'll reduce

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PAGE 5 – Breaking Tasks Into Smaller Steps

Large tasks can feel overwhelming.

Breaking them into smaller, manageable steps can make them feel easier to start and complete.

♥ A task I'm avoiding

♥ My first small step

♥ My next small step

♥ How will I reward myself afterwards?

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PAGE 6 – Creating Helpful Routines

Simple routines can reduce stress and help you remember important tasks.

You don't need a perfect routine—just one that works for you.

♥ My daily routine

- ☐ Wake up at a regular time.
- ☐ Get dressed.
- ☐ Eat breakfast.
- ☐ Check my to-do list.
- ☐ Take medication (if prescribed).
- ☐ Take regular breaks.
- ☐ Exercise or move my body.
- ☐ Prepare for tomorrow.
- ☐ Go to bed at a regular time.

♥ One routine I'll start this week

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PAGE 7 – Daily Reflection

Take a few moments to reflect on today.

♥ Today I achieved...

♥ One thing that helped me stay focused

♥ One thing I'm proud of

♥ One thing I'll improve tomorrow

Remember

Living with ADHD can bring challenges, but it also comes with unique strengths such as creativity, curiosity, energy and problem-solving.

Progress isn't about being perfect.

It's about finding strategies that work for you and taking one small step at a time.

Every small success is worth celebrating. 

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PAGE 8 – Managing Distractions

Distractions are a common challenge for many people with ADHD.

Instead of trying to eliminate every distraction, focus on creating an environment that helps you stay on track.

My biggest distractions

☐ Mobile phone.

☐ Social media.

☐ Noise.

☐ Other people.

- ☐ Clutter.
- ☐ Daydreaming.
- ☐ Too many tabs or apps.
- ☐ Starting new tasks before finishing others.
- ☐ Other

♥ One distraction I'll reduce today

♥ How will I do this?

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PAGE 9 – Managing My Time

Time can feel different when you have ADHD.

Using simple planning tools can help make your day feel more manageable.

♥ Today I will...

- ☐ Use a timer.
- ☐ Set reminders.
- ☐ Write a to-do list.
- ☐ Estimate how long tasks will take.
- ☐ Complete one task before starting another.
- ☐ Leave early for appointments.
- ☐ Take planned breaks.
- ☐ Review my day.

♥ One task I'll complete first

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PAGE 10 – Understanding My Emotions

Many people with ADHD experience emotions very strongly.

Learning to notice your emotions before reacting can help you respond in healthier ways.

♥ Today I'm feeling...

- ☐ Calm.

☐ Happy.

☐ Excited.

☐ Frustrated.

☐ Overwhelmed.

☐ Anxious.

☐ Angry.

☐ Sad.

☐ Other

♥ What might be causing this feeling?

♥ One healthy way I'll respond

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PAGE 11 – Weekly Reflection

Take a few moments to recognise your progress.

♥ This week I managed my ADHD by...

♥ One strategy that helped me most

♥ One thing I've learned about myself

♥ My goal for next week

♥ Remember

ADHD doesn't define who you are.

It is one part of your life, but it doesn't determine your potential.

Every routine you build...

Every task you complete...

Every strategy you practise...

Is helping you create a life that works for you. ❤️

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PAGE 12 – Building Better Organisation

Organisation doesn't have to be perfect.

Simple systems can make everyday life easier and reduce stress.

❤️ This week I will...

- ☐ Keep my keys in the same place.
- ☐ Put appointments in a calendar.
- ☐ Prepare for tomorrow the night before.
- ☐ Tidy one small area.
- ☐ Keep a notebook nearby.
- ☐ Use reminders on my phone.
- ☐ Create a simple daily checklist.
- ☐ Finish putting things away after using them.

❤️ One organisation habit I'll start

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PAGE 13 – Being Kind to Myself

Living with ADHD can sometimes feel frustrating.

Remember, struggling with something doesn't mean you're lazy or failing.

Self-compassion helps build confidence and resilience.

♥ Today I will remind myself...

- ☐ I'm doing my best.
- ☐ Progress is more important than perfection.
- ☐ Mistakes help me learn.
- ☐ My brain works differently, not wrongly.
- ☐ I deserve patience.
- ☐ Small steps matter.
- ☐ I can always start again.
- ☐ My strengths are just as important as my challenges.

♥ One kind message to myself

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PAGE 14 – My ADHD Journal

Reflecting on your day can help you notice what works best.

♥ Today I found it easy to...

♥ Today I found it difficult to...

♥ One strategy that helped

♥ One thing I'll try tomorrow

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PAGE 15 – Weekly Reflection

Take a moment to celebrate your progress.

♥ This week I achieved...

♥ One thing I'm proud of

♥ One challenge I managed well

♥ My goal for next week

♥ Remember

ADHD brings challenges, but it can also bring creativity, enthusiasm, curiosity and unique ways of thinking.

You don't need to do everything perfectly.

You only need to keep moving forward, one small step at a time.

Celebrate every success—no matter how small. 

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PAGE 16 – Managing Impulsivity

Acting quickly without thinking is a common ADHD challenge.

Learning to pause before making a decision can help you feel more in control.

 Before I act, I will...

- ☐ Take one slow breath.
- ☐ Count to five.
- ☐ Ask myself if this is a good choice.
- ☐ Think about the consequences.
- ☐ Ask for advice if I'm unsure.
- ☐ Give myself time to decide.
- ☐ Stay calm.
- ☐ Trust myself to make thoughtful choices.

 One situation where I'll pause before acting

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PAGE 17 – Celebrating My Strengths

ADHD isn't just about challenges.

Many people with ADHD have unique strengths that help them succeed.

♥ My strengths include...

- ☐ Creativity.
- ☐ Curiosity.
- ☐ Problem-solving.
- ☐ Energy.
- ☐ Kindness.
- ☐ Determination.
- ☐ Passion.
- ☐ Resilience.
- ☐ Thinking differently.
- ☐ Helping others.
- ☐ Other

♥ Three strengths I'm proud of

1.

2.

3.

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PAGE 18 – My ADHD Success Journal

Every success deserves to be recognised.

Celebrate the progress you make each day.

♥ Today I...

☐ Finished a task.

☐ Used my reminders.

☐ Stayed focused.

☐ Asked for help.

☐ Managed a distraction.

☐ Took regular breaks.

☐ Followed my routine.

☐ Showed kindness to myself.

☐ Celebrated my progress.

♥ My biggest success today

♥ What helped me succeed?

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PAGE 19 – Looking Forward

Living well with ADHD is about finding strategies that work for you.

Small, consistent changes can make a big difference over time.

♥ Looking ahead...

One habit I'll continue

One challenge I'll keep working on

My promise to myself

♥ Remember

ADHD may change how you approach life, but it doesn't limit your potential.

Your creativity, determination and unique way of thinking are valuable strengths.

Keep learning.

Keep growing.

Keep believing in yourself.

You are capable of achieving great things, one step at a time. ♥

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PAGE 20 – Managing Hyperfocus

Hyperfocus is when you become so absorbed in an activity that you lose track of time or forget other responsibilities.

While hyperfocus can be a strength, it's important to balance it with regular breaks.

♥ When I hyperfocus, I often...

- ☐ Lose track of time.
- ☐ Forget to eat or drink.
- ☐ Miss appointments.
- ☐ Ignore messages.
- ☐ Stay up too late.
- ☐ Forget other tasks.
- ☐ Feel frustrated when interrupted.
- ☐ Become mentally exhausted.

♥ One reminder I'll use to take a break

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PAGE 21 – Managing Overwhelm

When everything feels important, it's hard to know where to start.

Breaking tasks into smaller steps can make them feel more manageable.

♥ When I feel overwhelmed, I will...

- ☐ Stop and take a breath.
- ☐ Choose one task.
- ☐ Break it into smaller steps.
- ☐ Use a timer.
- ☐ Remove distractions.
- ☐ Ask for help if needed.
- ☐ Celebrate completing one step.
- ☐ Take a short break.

♥ My first step today

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PAGE 22 – Looking After My Wellbeing

Looking after your physical health can support your attention, energy and emotional wellbeing.

♥ Today I will...

- ☐ Drink enough water.
- ☐ Eat regular meals.
- ☐ Get enough sleep.
- ☐ Move my body.
- ☐ Spend time outdoors.
- ☐ Practice relaxation.
- ☐ Take regular breaks.
- ☐ Limit screen distractions.
- ☐ Be kind to myself.
- ☐ Celebrate my progress.

♥ One healthy habit I'll continue

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PAGE 23 – My ADHD Reflection

Take a moment to recognise your progress.

♥ Since starting this workbook...

I have learned...

I feel more confident because...

One strategy I will continue using...

♥ Remember

ADHD isn't about trying harder.

It's about finding strategies that work for your unique brain.

Every reminder...

Every routine...

Every completed task...

Is another step towards building confidence and creating a life that works for you. ♥

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PAGE 24 – Creating a Supportive Environment

Your environment can have a big impact on your focus and wellbeing.

Making small changes around you can help reduce distractions and make daily tasks easier.

♥ This week I will...

- ☐ Keep my workspace tidy.
- ☐ Put important items in the same place.
- ☐ Reduce unnecessary clutter.
- ☐ Use a calendar or planner.
- ☐ Prepare things the night before.
- ☐ Create a quiet space for focus.
- ☐ Keep only what I need nearby.
- ☐ Reward myself after completing tasks.

♥ One change I'll make to my environment

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PAGE 25 – Celebrating My Progress

Living with ADHD is a journey.

Recognising your achievements helps build confidence and motivation.

♥ Today I...

- ☐ Finished a task.
- ☐ Stayed focused.
- ☐ Used my planner.
- ☐ Asked for help.
- ☐ Followed my routine.
- ☐ Took healthy breaks.
- ☐ Managed a distraction.
- ☐ Stayed patient with myself.
- ☐ Celebrated my progress.

♥ My biggest achievement today

♥ How did it make me feel?

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PAGE 26 – My ADHD Wellbeing Plan

Small habits can make everyday life feel more manageable.

♥ I will continue to...

- ☐ Use reminders.
- ☐ Keep a daily routine.
- ☐ Break tasks into smaller steps.
- ☐ Take regular breaks.
- ☐ Get enough sleep.
- ☐ Exercise regularly.
- ☐ Eat balanced meals.
- ☐ Ask for support when needed.
- ☐ Celebrate progress.
- ☐ Be kind to myself.

♥ My wellbeing goal

♥ SAFE HAVEN CONNECT CIC · REGISTERED CIC

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PAGE 27 – Looking Ahead

ADHD brings challenges, but it also brings unique strengths.

Learning how your brain works helps you build a life that suits you.

♥ Looking ahead...

One habit I'll keep building

One challenge I'll continue working on

My message to my future self

♥ Remember

You don't need to compare yourself to anyone else.

Your journey is your own.

Every strategy you practise...

Every routine you build...

Every success you celebrate...

Is helping you create a future where you can thrive. ❤️

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PAGE 28 – Building Positive Habits

Small habits can make a big difference when living with ADHD.

You don't need to change everything at once. Consistent, simple habits are easier to maintain.

❤️ This week I will...

- ☐ Wake up at the same time each day.
- ☐ Check my planner every morning.
- ☐ Complete one task before starting another.
- ☐ Put important items back in their place.
- ☐ Take regular movement breaks.
- ☐ Set reminders for important tasks.
- ☐ Prepare for tomorrow each evening.
- ☐ Celebrate my progress.

❤️ One habit I'll focus on this week

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PAGE 29 – Recognising My Strengths

ADHD can bring challenges, but it also comes with many positive qualities.

Take time to recognise what makes you unique.

♥ My strengths include...

- ☐ Creativity.
- ☐ Curiosity.
- ☐ Problem-solving.
- ☐ Kindness.
- ☐ Determination.
- ☐ Enthusiasm.
- ☐ Adaptability.
- ☐ Resilience.
- ☐ Thinking outside the box.
- ☐ Sense of humour.
- ☐ Other

♥ Three strengths I'm proud of

1.

2.

3.

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PAGE 30 – My ADHD Action Plan

Managing ADHD becomes easier when you have a plan that works for you.

 This month I will...

- ☐ Use reminders daily.
- ☐ Follow my routine.
- ☐ Break large tasks into smaller steps.
- ☐ Reduce distractions.
- ☐ Ask for support when needed.
- ☐ Practice self-care.
- ☐ Celebrate my achievements.
- ☐ Stay patient with myself.
- ☐ Learn from setbacks.
- ☐ Keep moving forward.

♥ My biggest goal this month

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PAGE 31 – My ADHD Journey

Take a moment to reflect on your progress.

♥ Looking back...

The biggest thing I've learned is...

The strategy that has helped me most is...

One thing I'm most proud of is...

♥ Remember

ADHD is only one part of who you are.

Your strengths, talents and potential are far greater than your challenges.

Every routine you build.

Every goal you achieve.

Every step you take.

Is helping you create a life where you can thrive. ♥

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PAGE 32 – Building Confidence With ADHD

Living with ADHD doesn't mean you're incapable.

It means your brain works differently, and with the right strategies, you can succeed in your own way.

Confidence grows through practice, not perfection.

♥ Today I choose to...

☐ Believe in my abilities.

☐ Celebrate small successes.

☐ Learn from mistakes.

☐ Focus on progress.

☐ Ask for help when I need it.

- ☐ Keep trying.
- ☐ Trust my strengths.
- ☐ Be patient with myself.

♥ One thing I achieved recently

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PAGE 33 – Looking After My Wellbeing

Looking after your body and mind can improve focus, energy and emotional wellbeing.

♥ This week I will...

- ☐ Get enough sleep.
- ☐ Eat regular, balanced meals.
- ☐ Drink enough water.
- ☐ Move my body.
- ☐ Spend time outdoors.
- ☐ Take regular breaks.
- ☐ Practice relaxation.

- ☐ Stay connected with supportive people.
- ☐ Reduce unnecessary distractions.
- ☐ Celebrate my progress.

♥ One healthy habit I'll continue

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PAGE 34 – My ADHD Toolkit

Create a list of strategies that help you stay organised, focused and calm.

♥ My ADHD Toolkit

- ☐ Daily planner.
- ☐ Phone reminders.
- ☐ Visual checklist.
- ☐ Timer.
- ☐ Noise-cancelling headphones.
- ☐ Short movement breaks.
- ☐ Journaling.
- ☐ Talking to someone I trust.
- ☐ Mindfulness.

☐ Preparing the night before.

☐ Other

♥ My three most helpful tools

1.

2.

3.

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PAGE 35 – My ADHD Journey

Take a moment to recognise how far you've come.

♥ Looking back...

The biggest thing I've learned is...

The strategy that has helped me most is...

One thing I'm most proud of is...

♥ Remember

Living with ADHD can be challenging, but it also brings unique strengths.

Your creativity.

Your curiosity.

Your determination.

Your ability to think differently.

These are qualities to be proud of.

Keep believing in yourself. Every small step forward is a success worth celebrating. ♥

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PAGE 36 – Embracing Your Unique Strengths

ADHD can bring challenges, but it can also bring qualities that are worth celebrating.

Many people with ADHD are creative, energetic, adaptable and passionate.

Learning to value your strengths is an important part of wellbeing.

♥ My strengths include...

- ☐ Creativity.
- ☐ Curiosity.
- ☐ Determination.
- ☐ Problem-solving.
- ☐ Enthusiasm.
- ☐ Compassion.
- ☐ Adaptability.
- ☐ Courage.
- ☐ Resilience.
- ☐ Thinking differently.
- ☐ Other

♥ One strength I'll use more often

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PAGE 37 – My Personal Commitment

Positive change happens through small actions repeated over time.

♥ I promise to...

- ☐ Be patient with myself.
- ☐ Celebrate small wins.
- ☐ Ask for help when I need it.
- ☐ Continue using helpful routines.
- ☐ Learn from setbacks.
- ☐ Believe in my abilities.
- ☐ Focus on progress.
- ☐ Keep moving forward.

♥ My personal commitment

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PAGE 38 – My Wellbeing Plan

Looking after yourself helps you manage ADHD more effectively and improves your overall wellbeing.

♥ I will continue to...

- ☐ Get enough sleep.
- ☐ Eat balanced meals.
- ☐ Drink enough water.
- ☐ Stay active.
- ☐ Spend time outdoors.
- ☐ Use my planner.
- ☐ Keep healthy routines.
- ☐ Take regular breaks.
- ☐ Stay connected with supportive people.
- ☐ Celebrate every success.

♥ Three things that help me thrive

1.

2.

3.

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PAGE 39 – Congratulations

♥ You Have Completed the ADHD Wellbeing Workbook

Congratulations on completing this workbook.

Every page you've completed has helped you better understand ADHD, recognise your strengths and develop practical strategies for everyday life.

Remember:

♥ Your brain works differently, not wrongly.

♥ Small routines create lasting change.

♥ Progress is more important than perfection.

♥ Your strengths deserve to be celebrated.

♥ You are capable of achieving your goals.

♥ My Commitment

From today I promise to...

Name

Date

Signature (Optional)

♥ Final Reminder

This workbook is designed as a self-help resource to support your wellbeing. It is not a substitute for professional medical advice, diagnosis or treatment, and it is not intended to diagnose ADHD. If ADHD symptoms are significantly affecting your daily life or you have concerns about your mental health, please speak with your GP or another qualified healthcare professional.

Thank you for choosing Safe Haven Connect CIC.

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