

For the days after a diagnosis

Welcome. *Start here.*

A gentle first guide for the weeks after an ADHD diagnosis — what it means, and what to do first.

Centre › Clarify › Choose › Repeat



The C³ Loop™

Human first. Then performance.

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A steadying *first word*.

There is no single right way to feel right now, and nothing you need to do today.

What matters on this page

A diagnosis is information that can help — not a verdict, and not an emergency. You can take this slowly.

A diagnosis can bring up a lot. Relief, grief, validation, or a wave of “why did no one see this sooner?” — any of these is understandable, and there is no timeline you have to keep to.

How to use this pack

You do not need to read this from start to finish. Read the part that feels relevant, pause when you have enough, and come back later. Key ideas are in bold.

Good to know

ADHD is a well-researched neurodevelopmental condition, with a range of evidence-based treatment and support options. Finding the combination that fits you is a process — and you do not have to work it out alone.

What it means — *and doesn't*.

A diagnosis explains long-standing patterns and points toward support. It does not change who you are.

- A clearer, kinder explanation for experiences you may have carried for years.
- A direction toward strategies and support designed for your kind of brain.
- More room for self-understanding — and self-compassion.

What it does not change

- Your intelligence, your character, or your worth.
- The strengths and creativity you already bring.
- Who you are — you are the same person you were yesterday, with better information.

ADHD varies from person to person

ADHD does not look the same in everyone. Culture, gender, age, health, responsibilities, environment and access to support all shape how it is experienced.

— 03 · FIRST STEPS

Small steps, *not sweeping ones.*

You don't need to overhaul your life this week. A few small, steady moves are enough to begin.

01 SETTLE FIRST

Protect sleep, movement and basic routines. A steadier body makes everything else easier to think about.

02 LEARN A LITTLE

Accurate understanding is part of treatment. Read in small amounts — this pack and the “What is ADHD?” guide are a good start.

03 TELL ONE PERSON

You don't have to tell anyone. But one trusted person who understands can make a real difference.

04

DON'T OVERHAUL

Resist the urge to change everything at once. Choose one thing to try, and let it settle before the next.

04 · THE C³ LOOP™

Your everyday *rhythm*.

A simple loop you can return to any time you feel scattered or stuck.

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SETTLE THE BODY FIRST

A body-based reset — movement, water, a slow breath. Regulation before thinking.

Clarify

NAME WHAT MATTERS NOW

Put it outside your head — a written list, one item at a time.

Choose

PICK THE SMALLEST STEP

Not the project — the first five minutes. Momentum first.

Repeat

COME BACK TO IT

Progress is built from repetitions, not one big leap. Loop again when you need to.

05 · WHERE TO FROM HERE

You don't have to *do this alone*.

Whatever you need next — understanding, tools, or support — there's a way in that fits where you are. There is no pressure and no rush.

We're here when you're ready

Reach out — no pressure, no rush.

Email hello@executiveframe.co.nz · visit executiveframe.co.nz/neurodiversity

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