YOUR GUIDE, ON US

What if your brain wasn't the problem?

First steps towards understanding how your neurodivergent mind works.

Understand · Express yourself · Reveal

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COMPRENDRE • S'AFFIRMER • RÉVÉLER

INTRODUCTION

You are not alone.

Sometimes it feels as though your brain never stops. One thought follows another, without a pause.

Emotions sometimes hit you very hard. By evening, you are exhausted, without always understanding why.

You wonder how other people manage. Why do things that seem simple for them take so much of your energy?

Take a breath. Your brain may simply work differently.

This guide offers some starting points to observe your needs and try two simple tools.

Recognising yourself here is not enough to establish neurodivergence. This educational content does not replace a diagnosis or medical advice.

REMEMBER
Your difficulties deserve to be taken seriously. Observing your needs may help.

CHAPTER 1

What does neurodivergence mean?

The word can sound a little frightening. In fact, it describes something simple: our brains do not all process information in the same way.

Some work faster, notice more details or feel things more strongly. Others need quiet, routine or time. Neurodiversity is this natural variety of brains.

Neurodivergence describes a way of functioning that differs from usual norms. It is not a flaw. Difficulties may require support.

Just as some people are left-handed and others right-handed, some brains think differently. Neither better nor worse. Differently.

Above all, everyone has their own way of functioning. No two neurodivergent people are exactly alike. This guide is not here to put you in a box.

REMEMBER
Every profile is different. Understanding your needs does not make your difficulties disappear.

CHAPTER 2

Why can everything feel more intense?

Many neurodivergent people describe the same thing: everything seems amplified. It is common to experience...

A stream of thoughts. Ideas arrive all at once and become difficult to sort.

Strong emotions. Joy, frustration, sadness... often felt very intensely.

Heightened sensitivity. Noise, light, crowds: some stimulation drains you faster.

Attention that varies. It can be hard to focus on something boring, yet easy to become fully absorbed in something you love.

Mental tiredness. A busy brain needs more rest to recover.

REMEMBER
If everything feels more intense, it is not just your imagination. This is common and can be explained.

CHAPTER 3

Willpower is not always enough

Trying harder is not always the answer.

Many neurodivergent people grew up hearing hurtful comments: 'make an effort', 'you are lazy', 'you could if you wanted to'. Over time, this can lead to guilt and self-doubt.

These difficulties do not define your worth or intelligence. Tiredness, your surroundings or needs that are poorly understood can also play a part.

Tools that suit you may help, without explaining or solving everything. You have the right to seek support, at your own pace.

REMEMBER
Willpower is not always enough. Suitable tools and support may help.

CHAPTER 4

Your first clues to understanding yourself

Before changing anything, there is a valuable first step: observe yourself gently. Without judging. Just notice. Keep these four questions in mind this week.

What drains my energy? The situations, places or moments that leave me exhausted.

What restores my energy? What soothes me, feels good or helps me get going again.

When do things become harder? Tiredness, noise, too much at once...

When do I function really well? The moments when everything seems to flow naturally.

You do not have to achieve anything. Simply observe. These answers are the start of your own instruction manual.

REMEMBER
Knowing yourself is already progress. Observe without judging yourself.

KEY 1

Everything feels too much, but you cannot step away

1. Keep your eyes open. Feel a steady point of contact: your feet on the floor, your back against the seat or your hand on your bag.

2. Notice three simple details in front of you: a colour, a shape, the edge of an object.

3. Take three gentle breaths, without forcing them. If that feels uncomfortable, stay with your chosen point of contact.

4. Return to just one thing: waiting your turn, listening to one sentence or looking out for your stop.

In a queue: the conversations, music and movement feel overwhelming. Feel your hand on your bag and notice three details. No need to close your eyes or find somewhere alone.

Why this may feel more intense: some neurodivergent people find it hard to push sounds and movement into the background. In a queue, music, voices and people passing may all take up space at once. Your hand on your bag gives you a simple anchor, without asking you to endure more.

KEY 2

Someone's words hurt and you feel ready to explode

1. As soon as it builds, tell yourself: 'It's building up. I can wait before I reply.'

2. Slowly count to ten in your head.

3. If someone is waiting for an answer: 'One second, I'm thinking.'

4. Say what matters to you in one sentence. If it still feels too much: 'I'd rather talk about this later.'

At the table: someone says 'you're exaggerating again'. Take a few seconds, then say: 'That noise really bothers me.' Express your need without starting an argument.

Why this may feel more intense: for some neurodivergent people, emotions rise fast and strongly, and holding back an immediate response can be difficult. At the table, 'you're exaggerating again' may hurt more than it seems. Counting, then using a ready-made phrase, creates a little time to express your need rather than replying in the heat of the moment.

Try these steps before you reach your limit. They may help, but will not work every time. You do not have to put up with humiliating words; you can still ask for a break or support.

CONCLUSION

Work with your brain, rather than against it

Understanding yourself better is already a win.

The aim is not to become someone else. It is not to 'fix' yourself. It is to learn to work with your brain, rather than against it.

You have found your first clues. There are many more: tools, routines and ways to shape your daily life so it finally feels like you.

This guide was only a beginning. Remember: your brain is not the problem. It was simply waiting to be understood.

REMEMBER
Move at your own pace. Every step towards understanding counts.

GO FURTHER

Two tools to take action

No more theory. Choose today's problem, then try the tool that fits.

Tool 1: Understand yourself better. Not always sure what really helps you? The quiz asks you six questions. In a few minutes, you can spot how you function and your first starting points.

Tool 2: Organise your day. The organiser helps you set priorities and move forward step by step. Choose what is useful to you, at your own pace.

Take the quiz

Organise my day

REMEMBER
One problem. One tool. Start with whichever would help you today.

LET'S KEEP GOING

My name is Alima.

I am a holistic therapist and auriculotherapist specialising in addictions.

Since childhood, I knew I was different. Today, I share the things that help me in everyday life.

On Facebook, I share simple tips and resources.

This guide is educational content. It does not replace medical advice, a diagnosis or support from a healthcare professional.

Let's move forward together on Facebook