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COACHING ● ● ●

20 WAYS TO CALM

MY OVERACTIVE ADHD BRAIN

AND YOURS!

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**You are not lazy. You are not disorganized.
You have an ADHD brain and it works differently.**

When your brain is racing at full speed, jumping from one idea to the next or freezing completely, it is not a lack of willpower. It is neurology.

This guide was born from my own journey with ADHD and from that of my clients. These 20 strategies are not magic tricks. They are tools rooted in neuroscience, tested in real life, that help your nervous system regulate, your focus settle, and your energy come back.

You do not need to try everything at once. Pick one thing. Try it. And notice what happens.

***Your brain is capable of great things.
It just needs the right fuel.***

Elizabeth ■

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■ MOVE YOUR BODY

1

Tai-chi or Chi kung

These gentle practices activate your parasympathetic nervous system, the one that tells your brain: you are safe, you can settle down. Perfect when everything inside feels chaotic.

2

Dance like nobody's watching

Music + movement = a powerful combination for releasing dopamine. Your ADHD brain absolutely loves this. Even 3 minutes can change everything.

3

Play a sport you love

Moving is not just good for your body. It is direct fuel for your focus. Exercise boosts dopamine and norepinephrine, exactly what the ADHD brain is always looking for.

4

Go for a walk, short or long, just change your air

Changing your environment changes your state. A short walk is enough to interrupt the mental spiral and reset your nervous system.

5

Feel sunlight on your face before 10am

Morning light regulates your circadian rhythm and naturally boosts serotonin. Simple, free, and your brain will thank you for it all day long.

■ CONNECT WITH NATURE & YOUR SENSES

6

Hug a tree

It might sound a little wild, until you try it! Contact with nature reduces cortisol (your stress hormone) and anchors your nervous system in the present moment.

7

Walk by water and let your gaze drift

Water has a naturally meditative effect on the brain. This is not just in your head. It is neuroscience. Let yourself be soothed.

8

Take a cold shower after a hot one

I have done this every single morning since I was 18. The thermal contrast activates your nervous system, improves circulation and sharpens your focus immediately. My favourite secret weapon.

9

Pet a dog or a cat

Contact with an animal releases oxytocin, the bonding and calming hormone. Your nervous system slows down, almost in spite of itself. (My Bernese Mountain Dog fully endorses this tip!)

10

Step outside and breathe

Just that. Outside. Breathe. A few minutes of fresh air is enough to break the cycle of overactivation. Your brain needs rest, not performance.

■ USE YOUR CREATIVE BRAIN

11

Paint by numbers

Your ADHD brain loves having a clear structure AND a satisfying visual result. Paint by numbers checks both boxes. It is mindfulness disguised as fun.

12

Cook a recipe from someone you admire

Remember Julie & Julia? Cooking an inspiring recipe engages all your senses with a clear goal. The ADHD brain lights up when there is genuine interest and novelty involved.

13

Make a vision board, with magazines or on Canva

Visualizing what you want activates your brain's motivation circuits. ADHD lives in the present. A vision board helps you build a bridge toward your future.

14

Write in a journal

Just empty out what is looping in your head. Writing frees up cognitive space. Personally, it helped me so much that during the pandemic it became a book: My Egregore. Proof that your ADHD brain holds treasures you have not discovered yet.

15

Let yourself daydream, on purpose

Daydreaming is not a waste of time. It is your brain's default mode doing its work, processing, integrating, creating. Give yourself permission. Set a timer if you need to and let your mind wander.

■ FOCUS & CONNECTION

16

Work or study with someone

This is called body doubling, one of the most effective strategies for ADHD. Simply having another person present helps your brain stay anchored to the task. Try the Focus@Will app.

17

Use a timer

Time is abstract for the ADHD brain. A timer makes it concrete and visible. Start with 10 or 15 minutes, just enough to get going. Starting is often all it takes.

18

Put on headphones with concentration music

Certain sound frequencies (alpha waves, binaural beats) help the brain enter a flow state. Search focus music ADHD on YouTube or Spotify and find what works for you.

19

Call a friend

Human connection regulates the nervous system. You do not need a long conversation. Just hearing a familiar voice can be enough to bring you back to yourself.

20

Give a hug, to someone or to yourself

A 20-second hug releases oxytocin and reduces cortisol. And did you know 10 hugs a day keeps the doctor away! If no one is around, place your hands on your heart. It is nervous system regulation, pure and simple.