

💡 Receiving an ADHD diagnosis can bring a mix of emotions. For some people, it provides answers to questions they've had for years. For others, it may feel overwhelming or leave them wondering what happens next. However you are feeling, you're welcome here.

Our service is here to provide information, practical strategies, and support as you learn more about ADHD and what it means for you. ADHD affects everyone differently, and there is no single "right" way to experience it. Together, we'll explore approaches that can help you build on your strengths and manage the challenges that matter most to you.

In each newsletter, we'll share:

- Practical tips for everyday life
- Information about ADHD and wellbeing
- Updates on groups, workshops, and resources
- Ideas from trusted sources to support you on your journey

We're glad you've joined us and look forward to supporting you.

ADHD group sessions

We are currently planning our next **Peer Support ADHD Group** sessions.

These groups are designed for adults who have recently been diagnosed with ADHD, providing a welcoming and supportive space to meet others with similar experiences, share experiences and connect with people who understand.

Watch this space for details of our upcoming group sessions.

In the meantime, we're offering two gentle walks at **Goffs Park**:

- **Tuesday 25th August – 10am**
- **Tuesday 1st September – 10am**
- **Meeting point:** Goffs Park car park
- **Duration:** Approximately 45 minutes

There's no pressure to talk or share anything during the walk. It's simply an opportunity to meet the team, enjoy a gentle walk and meet some people who have taken part in our recent peer support sessions.

We'd love to see you there!

Rejection Sensitivity Dysphoria (RSD)

Ever feel like a small criticism, rejection or perceived slight hits way harder than it “should”? Rejection Sensitivity Dysphoria (RSD) is a term often used in the ADHD community to describe the intense emotional pain that can come with perceived or actual rejection, criticism or failure. While RSD isn’t a formal medical diagnosis, it’s a useful way for many people with ADHD to describe an experience that can feel overwhelming and very real.

This month, we’re sharing a few podcasts and YouTube videos that explore RSD, ADHD, and those big feelings that can be difficult to put into words.

A quick heads-up: some of the linked content contains swearing/profanity, so please check before listening or watching around others (or children).

Podcasts

All Aboard ADHD – “Understanding ADHD & RSD” with Dr Alex Conner

This podcast nearly an hour, but it's specifically focused on RSD and is presented in a very accessible way. Dr Conner discusses why rejection can feel so intense, what RSD actually means, his own lived experience, and strategies that can help

[Listen to “Understanding ADHD & RSD”](#)

from *ADHD Wise Podcast*: **“ADHD and RSD: When Rejection Sensitivity Meets Rejection Attunement.”**

It's particularly interesting therapeutically because it challenges the idea that we should automatically tell ourselves *“this is just my RSD”*. Sometimes the person **really has picked up on something hurtful, dismissive or rejecting**. The aim is to help someone distinguish between *“my rejection alarm has gone off”* and *“there genuinely is something happening here that I need to respond to.”*

[ADHD Wise – Episode 5: ADHD and RSD](#)

YouTube video

The ADHD Adults Podcast – “ADHDadultUK Podcast Episode 3: RSD”

It’s by UK-based ADHD experts **Dr Alex Conner and Professor James Brown**, and specifically discusses why rejection can feel so painful, their own experiences and practical tips.

[ADHDadultUK Podcast Episode 3: RSD](#)

 **Keep This in Mind**

If you've ever wondered why something that seems small to someone else can feel *huge* to you, remember: your feelings are valid. Understanding your ADHD brain can be the first step towards responding with more self-compassion.

Get in Touch

If you have any questions or need a little extra support, we are always happy to hear from you - just get in touch.

We also welcome you to let us know about one ADHD-friendly strategy that has made your summer easier.

You can reach us at: excib.crawleysocialprescribing@nhs.net

Please include "ADHD" in the subject line of your e-mail so we can identify and direct your enquiry to the appropriate team.