

Understanding your ADHD is only the *beginning*.



Receiving an ADHD diagnosis can explain a great deal.

But understanding why something happens does not always make it easier when you are overwhelmed, emotionally dysregulated, unable to get started or simply do not have the capacity you expected to have.

Rithim was created specifically for women with ADHD to provide psychologically informed support in everyday life.

With Rithim you can:

- make sense of overwhelm and changing capacity
- access practical executive functioning support
- respond to self criticism with greater compassion
- notice patterns in emotions, attention and energy
- explore how hormonal changes and different life stages may interact with your ADHD experience
- bring meaningful observations back into therapy, coaching or medical appointments if you choose

Created by Dr Deirdre Ryan, Clinical Psychologist and woman with ADHD.



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