



01. Some ADHD'ers feel like their brain and body run at high speed.

This is because the brain chemicals that help with focus and regulating energy don't "switch on" in a steady way.



02.



Hyperactivity can look like:

- lots of movement
- lots of talking
- wriggling or fidgeting
- tapping
- rocking or swaying
- making lots of noises
- rushing work
- racing thoughts/ideas

And hyperactivity levels can vary through the day.

03.

It is not misbehaviour.



Many ADHD brains genuinely struggle sitting still and working quietly. It's not a choice, it's how their brain works.

Hyperactivity can also be hidden.

Some ADHD'ers feel restless internally. For example, racing thoughts or difficulty relaxing.

04.

