

Hyperarousal

Perfectionism, Hyper focus, black/white thinking, anxiety, restless



ADHD Calm State

feelings - ease,
calm, relaxed

behaviours - easy
task initiation, low
avoidance, no
procrastination

body - relaxed,
loose, flexible



Paralysis, Numbing,
Burnt out, Oversleeping,
Depression, Fatigue

Hypoarousal