

POST CHRISTMAS ADHD SHUTDOWN

It might feel draining after the holidays and that's totally normal!

Learn More Below About

ADHD ShutDown Signs, Recharge Ideas, Communication Tips & For Parents

Holidays are often seen as a time to slow down, enjoy, rest, and refresh.

For us ADHDers, the post-Christmas ADHD shutdown can feel like a very real holiday hangover.

Think of it like a race car running out of gas, gliding on momentum and as soon as it crosses that finish line and the brakes are hit it falls apart. We know at this point it won't matter how much gas you add, it won't start right away. Pushing it harder only risks burnout and making it worse.

IT CAN BE MENTALLY DRAINING

Christmas can be fun but after the high-speed stimulation of all the family gatherings, (especially if any "damage control" was needed), and or hearing everyone's Pre-Christmas prep stories.

ADHD BRAINS ARE INTEREST BASED SYSTEMS

That thrive on challenges, novelty, and last-minute chaotic pressure. It is what fuels us, but once that power source steadies and things slow down, we collapse.

The best thing we can do in those moments is to pause, decompress and allow time to recharge.



HOW MIGHT ADHD SHUTDOWN MANIFEST?

Mentally Stuck

It feels like your brain is stuck in a loop and can't move forward, even with simple decisions like getting up from the couch.

Blank Staring

You might zone out or daydream for long periods without getting anything done.

Mood Swings

You might feel okay one minute, then suddenly irritated or sad the next.

Hard to Talk

Putting thoughts into words might feel impossible, your mind is BLANK

Withdrawal

Socializing feels too hard, so you might avoid others. Even enjoyable activities lose their appeal.

WHAT ARE SOME IDEAS TO HELP RECHARGE AFTER A SHUTDOWN?

Stop Beating Yourself Up and Feeling Guilty

Needing rest isn't lazy or useless, your brain is begging for a break.

Find Your Reset Space Find What Helps You Let Go

This could be a quiet room with the lights off, a TV show in the background, brain-numbing video games, or mindlessly scrolling on your phone

Minimize Distractions

Create an environment that reduces stimulation, like noises, and extra lights and allow your mind to rest

HOW TO COMMUNICATE AN ADHD SHUTDOWN TO OTHERS

First and Foremost. Accept It's Okay to need a break, needing time to reset doesn't make you lazy remind yourself that this is part of how your brain works not an excuse

Be Clear and Straightforward

Instead of joking about it or self-deprecating, just let others know what you need in the moment, like some quiet time or keeping instructions simple and clear

Explain the Experience

Let them know how their support was helpful. Also make sure to acknowledge all the great things you accomplished and the effort you put in before the burnout.”

It is a fair balance of being recognized for the amazing support you give, accepting the crash afterward, and respecting your need for recharge time

FOR PARENTS OF ADHDS

If your kiddo seems stuck or frozen after the holidays, try to remember it's probably burnout, not defiance. ADHD brains process exhaustion differently.

The best support you can give them is to acknowledge any effort they have made “even if it seems minute from your perspective”, let them know it's okay to take a break, and help them find ways to rest and reset.

*This not only supports their immediate needs!
but also teaches them how to manage their energy and
harness their unique strengths as superpowers*