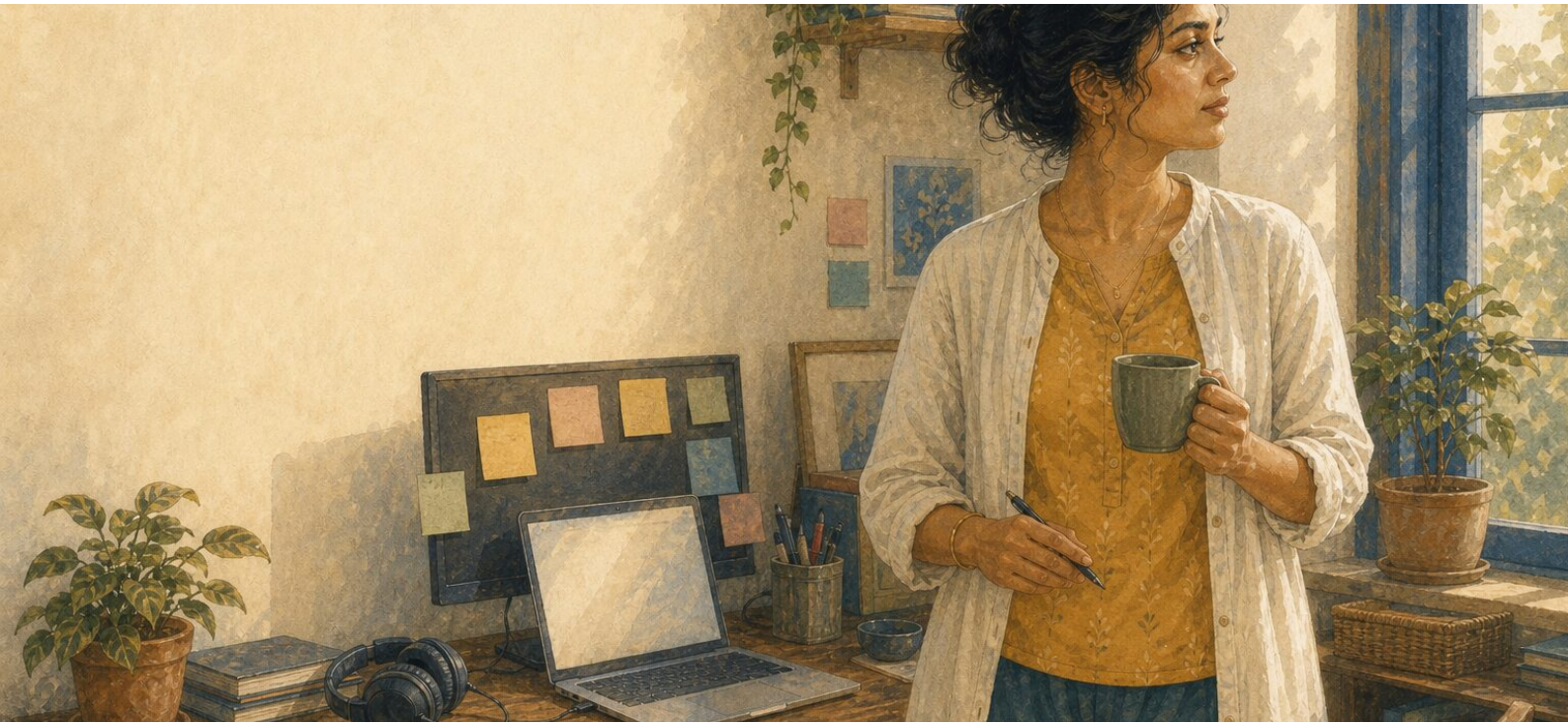




For You series

NEURODIVERGENCE

AuDHD wale dimaag ke saath jeena

Ek shaant guide us dimaag ke liye jo autistic bhi hai aur ADHD bhi, nayapan bhi chahta hai aur ek jaisa rehna bhi, aur apni jagah paa sakta hai.

Yeh kiske liye hai: wo bade jinka dimaag autistic bhi hai aur ADHD bhi, ya shayad hai.

Hawale: peer-reviewed autism aur ADHD shodh.

Bhashayein: English, Hindi, Marathi aur Kannada.

Muft padhiye: weave.clinic/family

1

✿ KYA HO RAHA HAI

Ek hi dimaag mein do khinchaav

✿ CHHOTA SA SAAR

AuDHD wala dimaag ek hi samay par autistic bhi hota hai aur ADHD wala bhi. Yeh ek hi saans mein nayepan ki taraf bhi khinch sakta hai aur cheezon ke ek jaise bane rehne ki taraf bhi. Ye dimaag ke bane hone ke do sachche tarike hain, ek saath, aapme koi kami nahi.

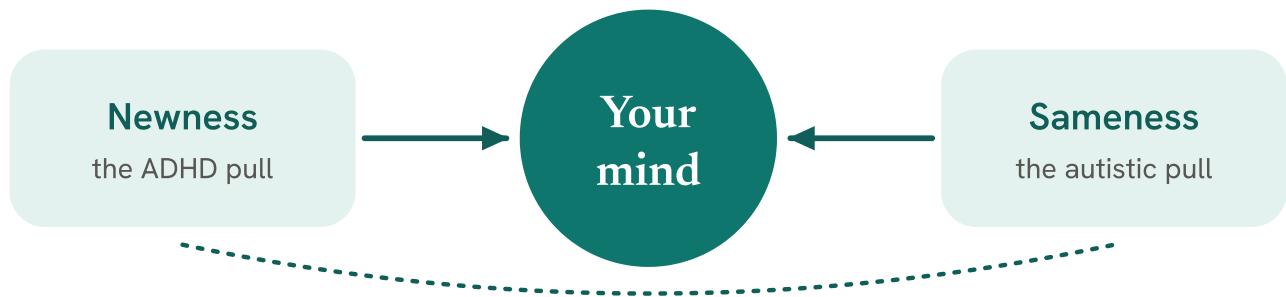
Agar aapko hamesha se aisa laga hai ki ek hi sir mein do log reh rahe hain, to shayad wajah yahi hai. Aapka ek hissa dilchaspi, halchal aur agli nayi cheez ke peechhe bhaagta hai. Doosra hissa routine chahta hai, cheezon ka ek jaisa rehna chahta hai, aur tikne ke liye waqt maangta hai. Dono sachche hain. Dono aap hi hain.

Jab ek autistic dimaag aur ek ADHD wala dimaag saath-saath chalte hain, to log kabhi-kabhi ise AuDHD kehte hain. Dono ka saath-saath hona aam hai. To agar aapko lagta hai ki aap do taraf khinch rahe hain, to aisa mehsoos karne wale aap akele nahi hain, bilkul bhi nahi.

4 mein se 1 se zyada

autistic vayaskon mein ADHD wala
dimaag bhi hota hai

Ye dono saath-saath usse kahin zyada chalte hain jitna log sochte hain. Aap aapas mein takraati do baatein nahi hain. Aap ek aam jodi hain.



two needs, one mind

Ek hi dimaag mein do sachche khinchaav. Ek nayapan ki taraf badhta hai, doosra cheezon ke ek jaise rehne ki taraf. Dono dimaag ki banawat hain, koi jang nahi.

ADHD wala khinchaav dilchaspi, halchal aur nayi cheezon ki taraf badhta hai.

Autistic khinchaav routine, cheezon ke ek jaise rehne aur shaanti ki taraf badhta hai.

Ye aapse lad nahi rahe. Ye dono aapke dimaag ke bane hone ka tarika hain.

Aur jaanna chahein to ^

Yahi vajah hai ki jo salaah ek hisse par fit baithti hai, vah doosre ko bigaad sakti hai. Nayepan ka ek jhonka ADHD wale hisse ko jaga deta hai aur autistic hisse ko hila deta hai. Ek sakht routine autistic hisse ko shaant karta hai aur ADHD wale hisse ko bore kar deta hai. Maqsad kisi ek ko jitaana nahi hai. Maqsad hai dono khinchaavon ko unki zaroorat ka thoda-thoda hissa dena.

● YEH KARKE DEKHEIN

Aaj ka ek aisa pal yaad kijiye jab aap ek hi samay par nayapan bhi chahte the aur shaanti bhi. Us par bina koi raay banaaye bas dhyaan dijiye. Do taraf ka vah khinchaav aapka AuDHD wala dimaag hai, jo usi tarah kaam kar raha hai jis tarah vah bana hai.

2

✿ YEH ULJHAN BHARA KYUN LAGA

Aapko do taraf khinchaav kyun mehsoos hota hai

✿ CHHOTA SA SAAR

Ye dono khinchaav aapke dimaag ke bane hone ke tarike mein sachche farq hain, jo shuru se hi maujood hain. Yeh aalas nahi hai, aapke charitra ki koi kharaabi nahi hai, aur na hi koi aisi uljhan jise aapko ab tak suljha lena chahiye tha.



Reva, aur ek zindagi jo theek-thaak dikhti rahi.

Reva 29 saal ki hain aur Pune ke ek studio ke liye design karti hain. Bachpan mein ve vahi hoshiyar, achchi ladki theen jo apne hi sir ke andar ek jagah tik nahi paati thi. Ve hafton tak kisi ek vishay mein kho jaateen, aur phir do minute mein likhe jaane wale ek email ko shuru hi nahi kar paateen. Unhe lagta tha ki ve bas ek jaisi nahi reh paateen. Saalon tak unhone khud ko hi dosh diya.

Asal mein jo ho raha tha vah yeh hai ki do tarah ki banawatein ek saath chal rahi theen. Autistic hisse ko gehrai chahiye thi, cheezon ka ek jaisa rehna chahiye tha, aur saaf niyam chahiye the. ADHD wale hisse ko nayapan chahiye tha aur vah pheeke kaamon ko shuru hi nahi kar paata tha. Inme se koi bhi kami nahi hai. Saath milkar ye bas dimaag ke bane hone ka ek kam aam tarika hain.

Kai bhaartiya gharon mein faisla jhat se suna diya jaata hai: zaroorat se zyada mehsoos karna, zaroorat se zyada bikhhar jaana, bas adjust kar lo. Vah faisla neeche ki banawat se chook jaata hai. Aisa nahi tha ki aap normal hone mein naakaam ho rahe the. Aap ek aisa dimaag chala rahe the jise ek alag intezaam chahiye.



*Saalon tak mujhe laga ki main do toote
hue log hoon. Main ek hi insaan thi,
poori ki poori, bas do tarah se bani hui.*

Reva, 29

Aur jaanna chahein to ^

Dono ko ek saath sambhaalna apne aap mein thaka dene wala hai. Duniya ek baar mein ek hi tarah ke dimaag ke liye bani hai, aur aapka dimaag do hai. Jis din aap inme se sirf ek banne ki koshish chhod dete hain, andar ki vah lagataar chalti bahes dheemi padne lagti hai, aur aap apne dimaag ke khilaaf nahi, uske saath kaam karna shuru kar paate hain.

● YEH KARKE DEKHEIN

Ek aisi baat likh lijiye jise aapne apni koi niji kami kaha hai. Khud se poochhiye ki kahin vah kami nahi, balki do khinchaavon ka aapas mein milna to nahi. Ab use us naram roshni mein dobara padhiye.

3

✿ VAH MEHNAT JO DIKHTI NAHI

Theek-thaak dikhne ki qeemat

✿ CHHOTA SA SAAR

Masking yaani apne dimaag ke asli chalne ke tarike ko chhipane ki mehnat, taaki aap theek-thaak dikhein. Isme sachchi mehnat lagti hai, aur samay ke saath yeh aapko ghis deti hai.



Vah mehnat jo kisi ko nahi dikhti, poore din sambhaali jaati hai, aur qeemat baad mein chukaayi jaati hai.

AuDHD wale bahut se vayask shuru se hi seekh jaate hain: doosron ki naqal karna, apni baatein pehle se man mein rat lena, hile-dule bina baithe rehna, aur jo cheezein bhaari padti hain unhe andar hi nigal jaana. Isi ko masking kehte hain. Baahar se yeh bina mehnat ki lag sakti hai. Andar se, yeh lagataar chalti mehnat hai.

Jab aap saalon tak mask karte hain, aur aaspaas ki maangein aap par fit nahi baithteen, to vah mehnat judte-judte ek gehri thakaan ban sakti hai. Kuch log ise burnout kehte hain: ek aisa daur jab taaqat, hunar aur sabr, teenon ek saath gir jaate hain. Yeh aapka bigadte jaana nahi hai. Yeh ek aisa dimaag hai jo bina aaraam kiye chadhai par bhaagta raha hai.

Aur jaanna chahein to ^

Masking se aane wala burnout aam thakaan ya udaas man jaisa nahi hota. Yeh aam taur par un lambe dauron ke baad aata hai jab aap bahut kam sahare ke saath theek-thaak dikhne ke liye zor lagaate rahe hon. Aaraam, kam maangein, aur khud bane rehne ki ijaazat, ise halka karne mein madad karte hain. Yeh jaan lena ki iska ek naam hai, pehli raahat ho sakti hai.

● YEH KARKE DEKHEIN

Aaj ki ek aisi jagah par dhyaan dijiye jahan aapne mask sambhaale rakha: koi meeting, koi khaana, koi phone call. Bas itna dekhiye ki usme kitni mehnat lagi. Abhi ise chhodna zaroori nahi hai. Ise dekh lena hi shuruaat hai.

4

✿ MAN UDAAS YA TANA HUA KYUN LAGTA HAI

Tanaav bojh se aata hai, aapse nahi

✿ CHHOTA SA SAAR

Mask ko uthaaye rakhna zyada tanaav, zyada chinta aur udaas man se juda hua hai. Yeh bojh roz-roz fit hone ki mehnat se aata hai, aapke andar ki kisi kharaabi se nahi.

Jab shodh karne wale autistic aur AuDHD wale vayaskon ko samay ke saath dekhte hain, to masking ka zor zyada tanaav, ghabraahat aur udaas man se juda hua milta hai. Nuqsan dimaag mein khud nahi hai. Nuqsan use chhipane ki qeemat mein hai, din-ba-din, ek aisi duniya mein jo uske liye bani hi nahi thi.

Yeh baat maayne rakhti hai, kyunki yeh dosh aap par se hata deti hai. Aapko ghabraahat ya udaasi isliye nahi hoti ki aapka dimaag kharaab hai. Yeh thakaan masking ka bill hai, aur bill chhote kiye jaa sakte hain.

YAAD RAKHIYE

Maqsad behtar mask karna nahi hai. Maqsad hai mask ki zaroorat kam padna: surakshit log, vaajib badlaav, aur aisi jagahein jahan aapko koi aur bankar dikhaana na pade.

YEH KARKE DEKHEIN

Ek aise insaan ya ek aisi jagah ka naam lijiye jahan aap thoda zyada khud bane reh sakte hain. Sochiye ki is hafte aap wahan das sachche minute bita rahe hain. Bojh kam karna asal mein aisa hi dikhta hai.

5

✿ AAPKE PAAS KYA VIKALP HAIN

Asal mein kya madad karta hai

✿ CHHOTA SA SAAR

Madad sach mein maujood hai, aur uska zyadatar hissa fit baithne se juda hai, theek kiye jaane se nahi. Khud ko samajhna, chhote-chhote badlaav, surakshit jagahon par unmasking, aur sahara, ye sab madad karte hain, aksar saath milkar.

Aapko yeh akele, ya ek hi baar mein sambhaalna nahi hai. AuDHD wale dimaag ke liye jo cheezein madad karti hain, ve aam taur par saath milkar sabse achcha kaam karti hain.



often together, at your pace

Chaar cheezein jo madad karti hain, aam taur par saath milkar. Inka mel aap chunte hain, apni raftaar se.

Apne hi dimaag ke kaam karne ka tarika samajhna, khud ko kam dosh dete hue.

Ghar aur kaam par chhote-chhote badlaav, jo aapke chalne ke tarike par fit baithein.

Surakshit jagahon par mask utaar dena, aur apni taaqat aur apni indriyon ko bachaakar rakhna.

Un logon ka sahara jo ise samajhte hain, aur jab aap chaahein tab kisi doctor ya therapist ka sahara.

Tez roshni, shor aur kuch khaas banawatein ek AuDHD wale dimaag ke liye bahut zyada ho sakti hain, isliye apni indriyon ko bachaakar rakhna nakhra nahi hai, yeh dekhbhaal hai. Poore hafte apni taaqat ko soch-samajhkar baantna aalas nahi hai, burnout ko door rakhne ka tarika yahi hai.

Ek doctor ya therapist bhi madad kar sakte hain. Ve aapke saath baithkar us mel par baat kar sakte hain jo aap par fit baithe, jisme baatchit wali therapy shaamil ho sakti hai aur, ADHD wale hisse ke liye, vah dawa bhi jise kuch vayask chunte hain. Kisi doctor se milna aap par koi faisla sunaana nahi hai. Yeh bas aur jaankari hai, aur kuch aur vikalp.

YAAD RAKHIYE

Ek achche doctor aapki poori zindagi dekhte hain: kaam, neend, indriyon par padne wala bojh, rishte, sirf ek lakshan nahi. Sahara ek aisi baatchit hai jo samay ke saath badalti rehti hai, oopar se thama diya gaya koi ek label nahi.

YEH KARKE DEKHEIN

Ek chhota badlaav likhiye jo aap is hafte maang sakte hain: apni mez par thodi kam tez roshni, ek shaant ghanta, bolkar diye gaye nirdesh ki jagah saaf likha hua nirdesh. Use apne phone mein rakhiye.

6

✿ ISKE SAATH JEENA

Jo dimaag aapke paas hai, uske saath naram hona

✿ CHHOTA SA SAAR

Aapne saalon sirf ek tarah ka dimaag dikhne ki koshish mein guzaare. Sabse zyada madad is badlaav se hoti hai: apne dimaag ko alag samajhiye, toota hua nahi.

Reva ne chhote se shuru kiya. Unhone seekha ki unke hafte ke kin hisson ko routine chahiye aur kinhe nayapan, aur unhone dono ko ek hi ghante mein thoosna band kar diya. Unhone ek dost ko bataya, jo samajhdaar nikla. Unhone khud ko toota hua kehna band kar diya. Kuch hafte ab bhi un par bhaari padte the. Par unke apne sir ke andar ki sakhti dheemi pad gayi, aur isne baaqi sab kuch badal diya.

Bahut se logon ko apne AuDHD wale dimaag ka pata zindagi mein baad mein hi chalta hai, aksar saalon ki masking ke baad, aur vah der se aayi samajh aam taur par koi nayi mushkil nahi, balki raahat laati hai. Ek AuDHD wala dimaag sachchi taaqatein bhi lekar aata hai: jo aapko pasand hai us par gehra dhyaan, naye aur apne khud ke khayaal, imaandaari, aur cheezon ko dekhne ka ek aisa tarika jo baaqi log chook jaate hain. Khud se vaise baat kijiye jaise aap ek achche dost se karte jo ji-jaan se koshish kar raha ho.



*Jo dimaag do jaisa lagta tha, vah ek
aisi zindagi ban sakta hai jo
aakhirkaar fit baithe.*

Aur jaanna chahein to ^

AuDHD wale dimaag ke saath taraqqi koi seedhi lakeer nahi hoti. Kuch hafte routine tike rehte hain aur taaqat bhi chalti rehti hai, kuch hafte nahi. Yeh iski banawat hai, naakaami nahi. Jo madad kare use rakhiye, jo hafte na chalein unhe maaf kar dijiye, aur phir se shuru kijiye, yeh bhaashan diye bina ki aapko behtar sambhaalna chahiye tha. Khud ko sweekaar karna haar maanna nahi hai. Yahi aapko bachaata hai.

AAPKE SAATH KHADE HAIN

Agar yeh thakaan kabhi "main ab aur nahi kar sakta/sakti" tak pahunch jaaye, to vah ehssaas aam hai aur us tak pahuncha jaa sakta hai, yeh kamzori nahi hai. Neeche juda crisis card aise logon se jodta hai jin tak aap kabhi bhi pahunch sakte hain.

● YEH KARKE DEKHEIN

Aaj raat, ek cheez ka naam lijiye jo aapke dimaag ne aaj achchi ki, chaahe vah kitni hi chhoti ho, aur ek aisa pal jab aapne khud ko khud bane rehne diya. Dono ko likh lijiye. Ek hafte tak aisa kijiye, aur dekhiye ki aapke sir ke andar ki aawaz naram padne lagti hai.

YEH JAANKARI KAHAN SE HAI

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AUR PADHNE KE LIYE

- National Autistic Society: advice and guidance
- ADHD Foundation: support and resources

Yeh guide samajhne mein madad karti hai. Yeh nidaan nahin hai. Uske liye doctor se milein.

- Kya sab kuch bahut zyada lag raha hai? **Sankat card padhein.** Madad ek panne door hai.