A visual narrative of my complex thoughts as a person living with ADHD

Mental health is an invisible disorder, because it is in the mind. This invisibility creates a lot of misunderstandings and miscommunicates the feelings and thoughts of a person with Attention Deficit Hyperactivity Disorder (ADHD). The 5 fold A5 size instructional zine will take you into my mind and through my journey with ADHD which is difficult to explain in words.

Design Process

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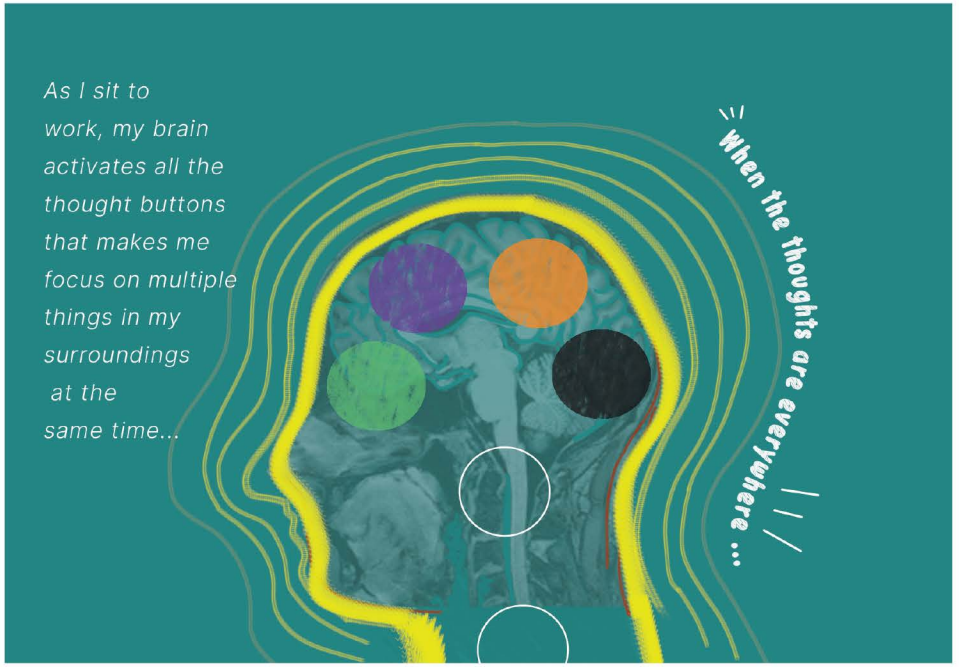
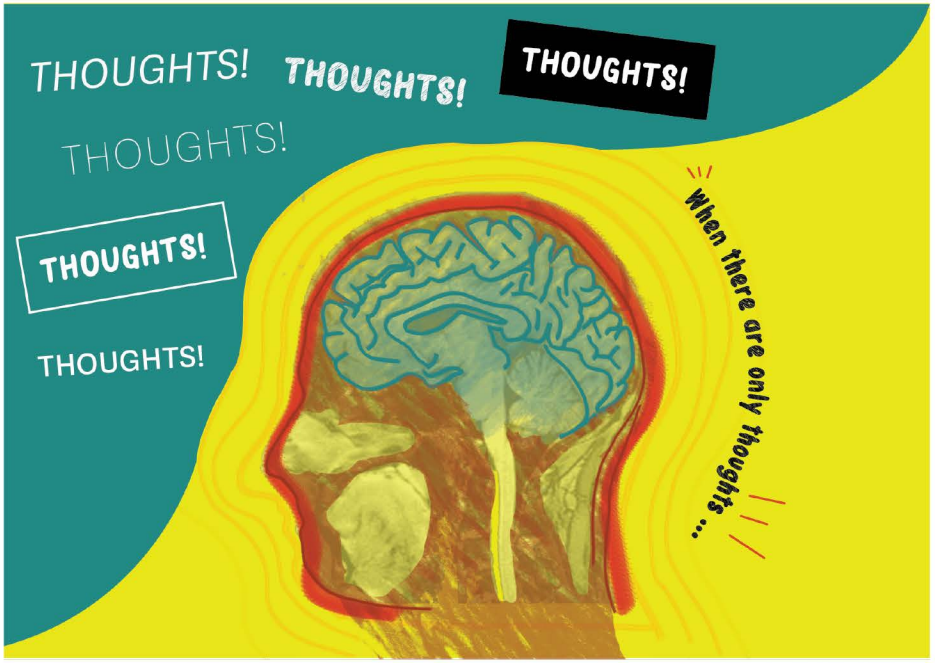
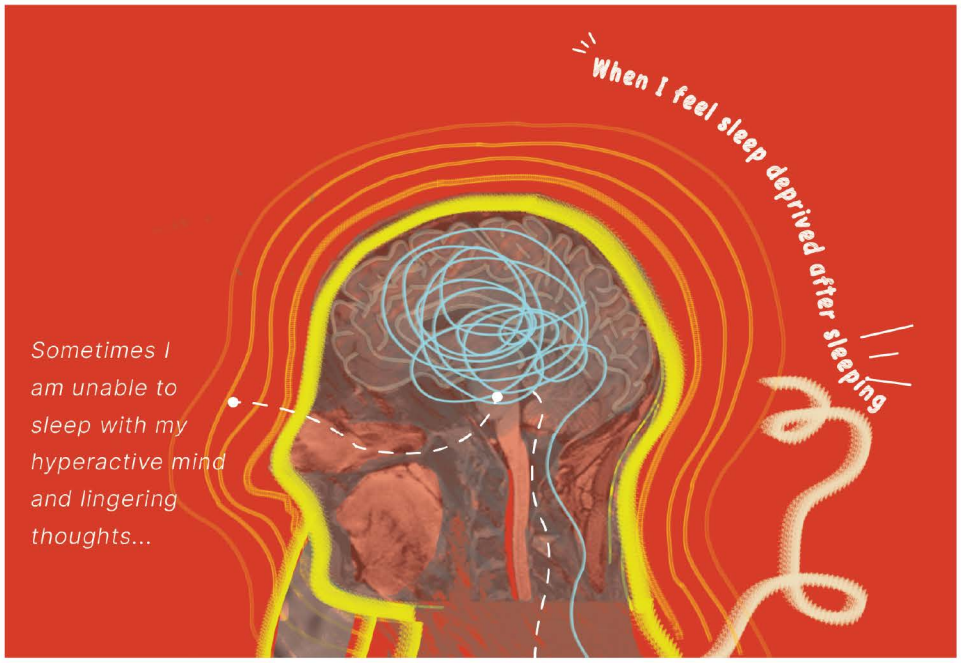




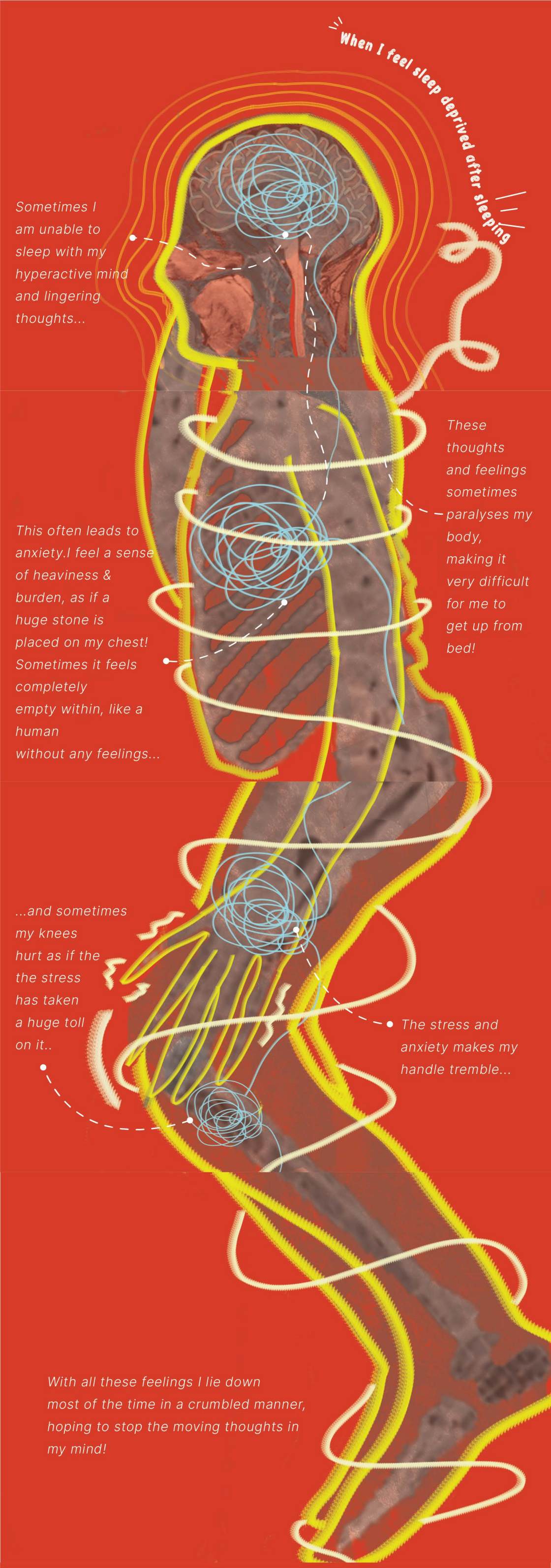


These are the manifestations of my thoughts and feelings. However, it is observed through my research that a person with ADHD usually struggles with time management, because most of the time they are unable to focus.

If the reader has ADHD, the reader is requested to notice and analyse their own behaviour when they find it difficult to manage time and complete their tasks...

For the other neurotypical readers, next time you meet a person who is struggling to complete tasks for a long period of time, pause and think, "why is a person, with all their potential to perform, unable to complete tasks and do better at work?"

Our mind is a hidden space that makes us the humans we are today...give it a thought!



These are the manifestations of my thoughts and feelings. However, it is observed through my research that a person with ADHD usually struggles with sleeping due to their hyperactive mind.

If the reader has ADHD, the reader is requested to notice and analyse their own behaviour when they find it difficult to sleep and understand what is causing it...

For the other neurotypical readers, next time you meet a person who looks tired and drained and unable to function even after a whole night of sleep, pause and think "what is troubling them?"

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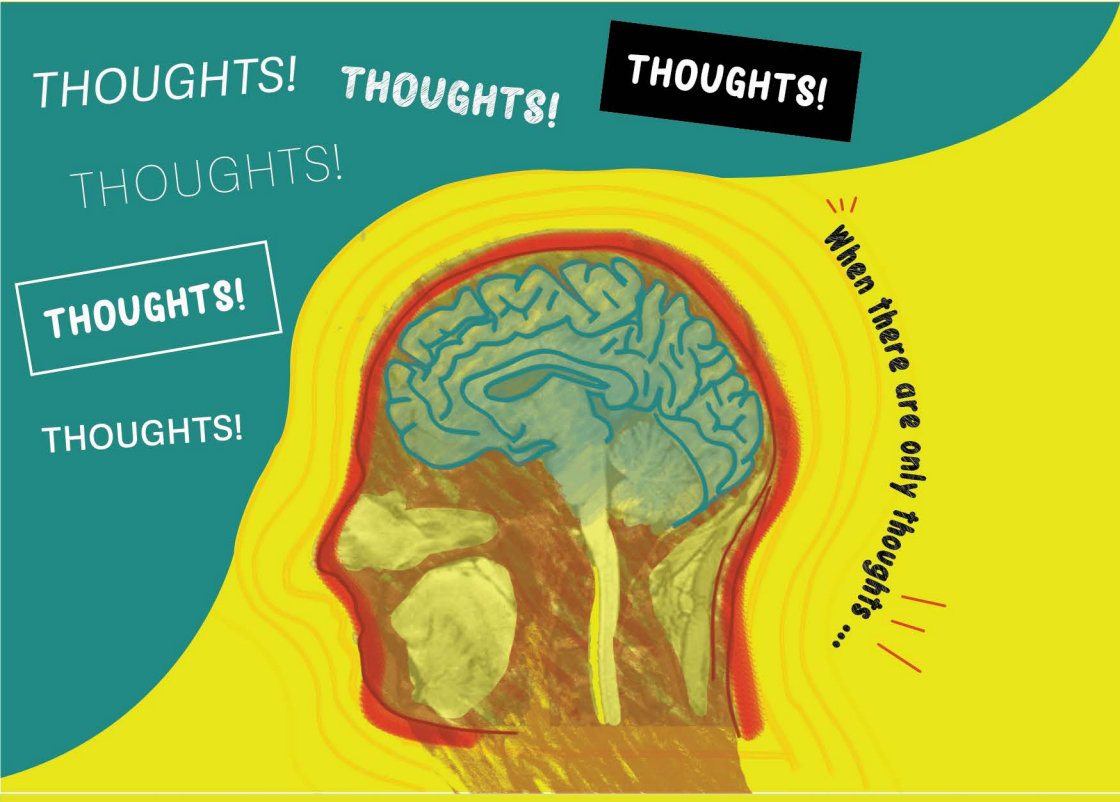
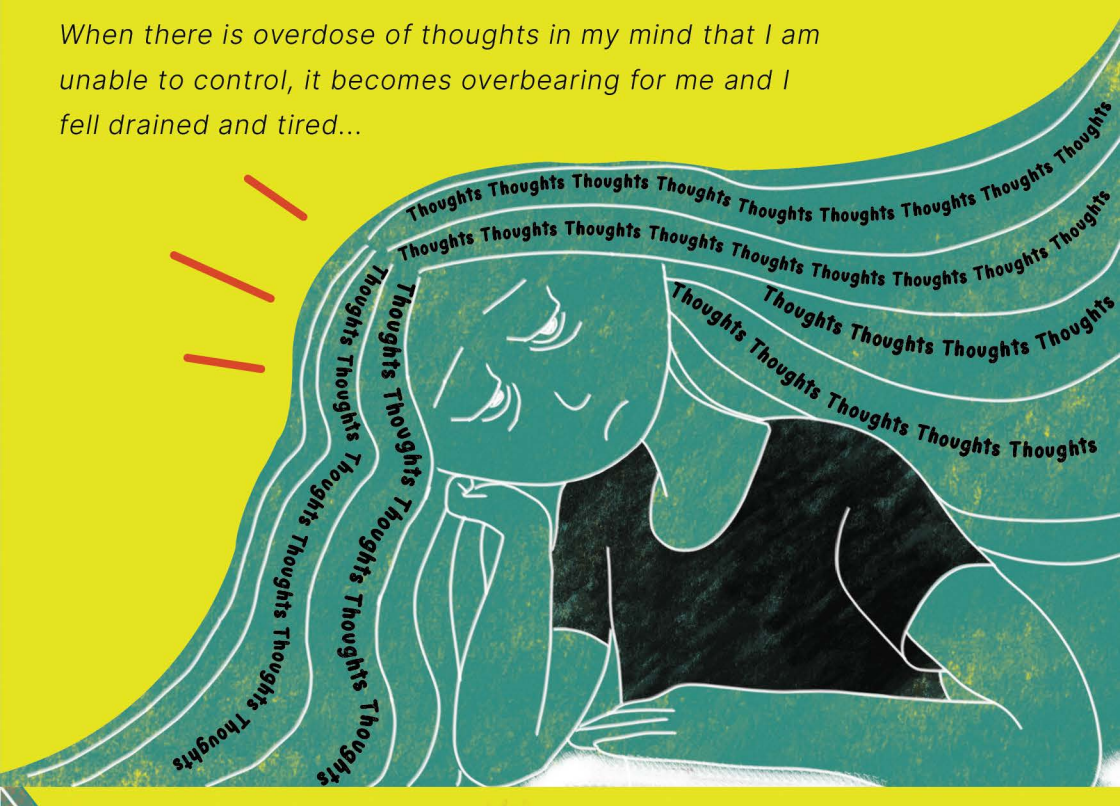
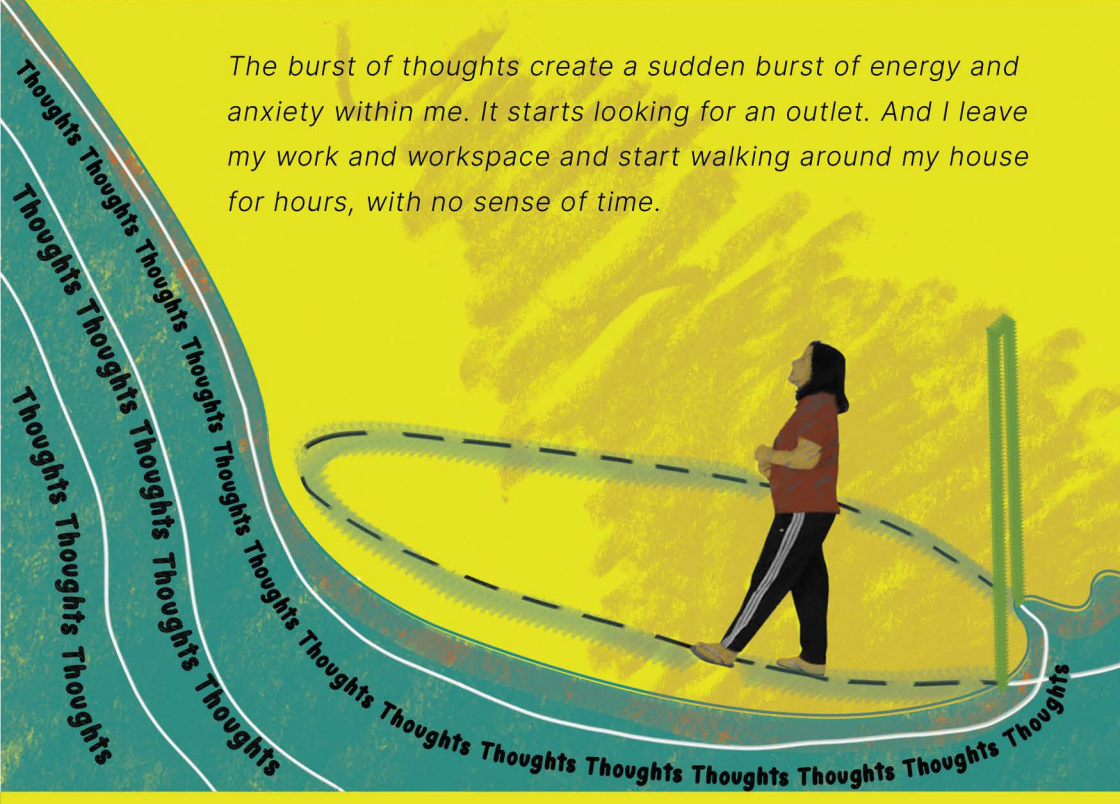
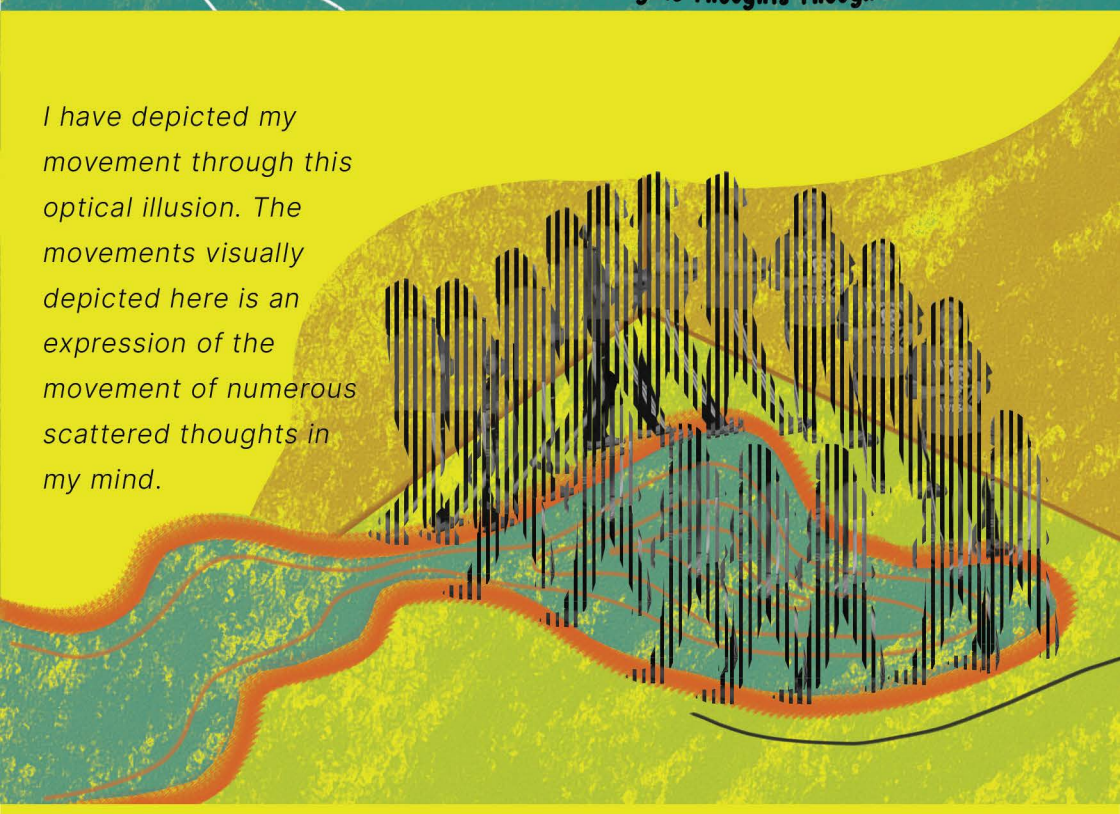



When there is overdose of thoughts in my mind that I am unable to control, it becomes overbearing for me and I fell drained and tired...


The burst of thoughts create a sudden burst of energy and anxiety within me. It starts looking for an outlet. And I leave my work and workspace and start walking around my house for hours, with no sense of time.


I have depicted my movement through this optical illusion. The movements visually depicted here is an expression of the movement of numerous scattered thoughts in my mind.

These are the manifestations of my thoughts and feelings. However, it is observed through my research that a person with ADHD usually struggles with an overwhelming amount of thoughts in their mind.

If the reader has ADHD, the reader is requested to notice and analyse their own behaviour when they feel overwhelmed with thoughts...

For the other neurotypical readers, next time you see a hyperactive person around you, whose energy you find uncomfortable to deal with, take a pause and think, "why they are doing what they are doing?"

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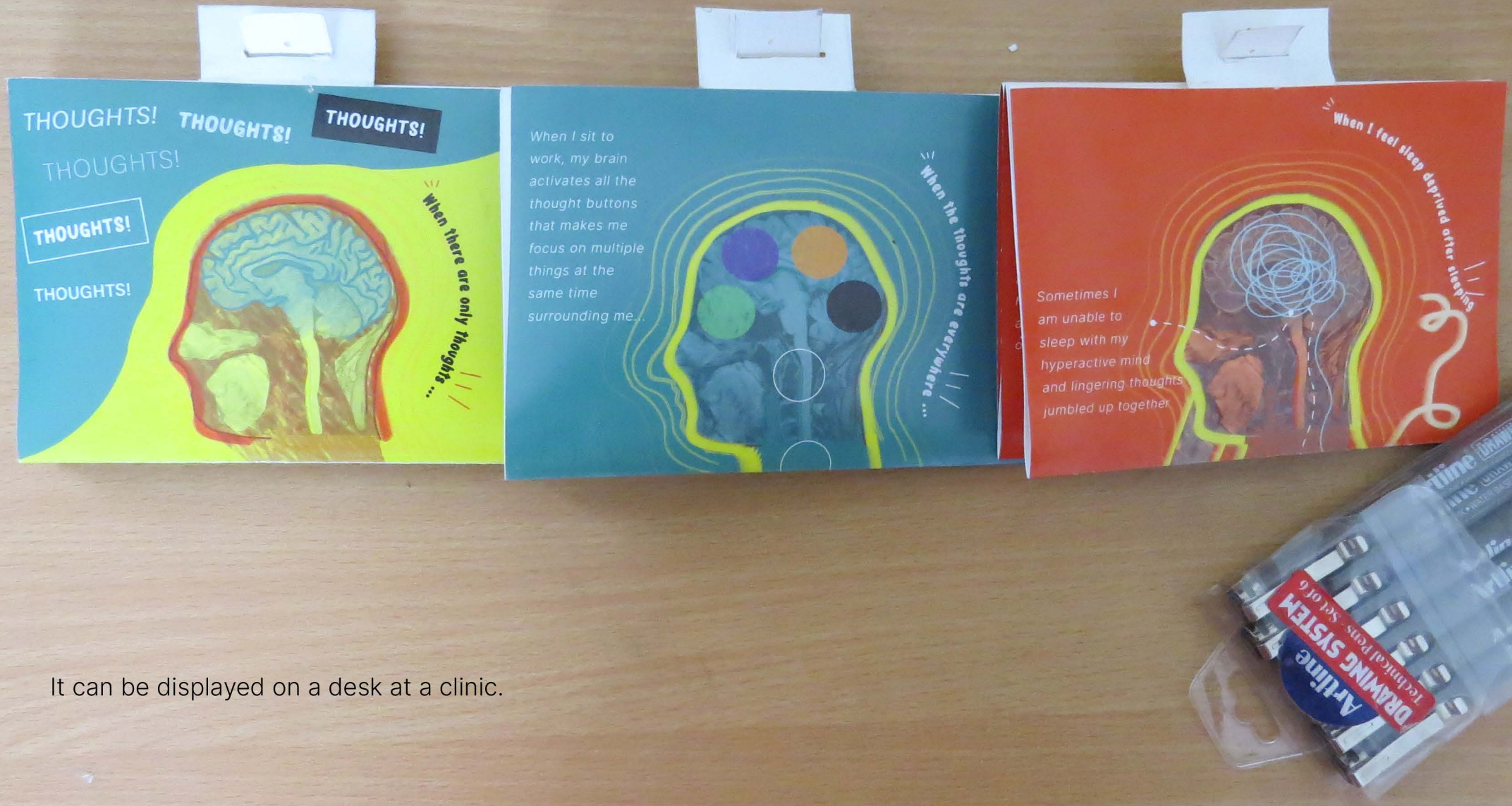
It can be hanged on the wall of a notice board in a psychiatric clinic or at home to spread awareness and start a conversation regarding ADHD.



It can be displayed on a desk at a clinic.