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Stop Diagnosing Your Exhaustion:

When trauma, burnout, and digital chaos start to feel like ADHD...

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The Foundation of Growth is Understanding

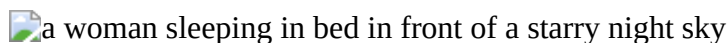
Here to guide you every step of the way toward growth; whether it's working on leadership skills, building a cohesive team dynamic, or the latest wellness research.

Last month, someone sat across from me—early 40s, business leader, high-functioning in every visible way—and said: “I think I have ADHD. I can’t focus. I lose track of time. I’m always exhausted. I struggle to complete tasks. And I procrastinate.”

I nodded. Not because I assumed they were right, but because I’ve heard this story before. A lot.

I’ve worked with people in their 20s, 30s, 40s, 50s—even 60s—coming in for full neuropsychological testing, convinced they must have ADHD.

But here’s what we often find:



They don’t have ADHD.

They have lives that are overstimulated, overextended, and under-regulated.

They've experienced trauma (sometimes capital "T," sometimes lowercase "t") that's kept their nervous system in high gear for so long, they've forgotten what baseline even feels like. Their bodies are buzzing. Their minds can't settle. And that chronic activation? It gets stored—in muscles, in patterns, in postures. It looks a lot like ADHD.

But here's the key difference:

ADHD doesn't "appear." It's a lifelong difference in how the brain handles executive functioning. Dysregulation, on the other hand, usually has a timestamp.

If you can say,

"This started after..."

"Ever since that..."

"Things were different before..."

...then you're probably not neurodivergent. You're probably dysregulated. And Adderall doesn't cure a dysregulated life or unprocessed trauma. Sure, it might help you crush a to-do list or hyperfocus on reorganizing your spice rack by country of origin.

But the unhealed stress? The sleep debt? The emotional whiplash?

That stuff is still your wingman—and not the helpful kind. We're talking the *"makes-you-text-your-ex-then-steal-a-tiger"* kind. The one that promises a good time, but you wake up the next day with no keys, no shoes, and a vague sense you've disappointed a dentist.

Your Brain's Not Broken. It's Just Tired.

 a woman sitting in an office with a cat

We are living in a time where:

📱 We get 120+ notifications a day

💻 Multitasking is a badge of honor

🧠 Stillness feels unsafe for trauma survivors

💪 Stress gets physically stored and normalized

Of *course* focus feels impossible sometimes.

Of *course* your short-term memory is foggy.

Of *course* your sleep feels like it's being stolen.

You're not imagining it. You're just trying to run high-performance software on a nervous system that hasn't been allowed to reset. Nervous systems need breaks and calm (more time spent here than stressed), and your brain needs quality sleep to clear out waste products. Yup, the trash collectors in your brain only work during deep sleep, period. Without it, all the biowaste just stockpiles between your ears and adds to the deregulation.

So What Do We Do?

No, you don't need to move to a cabin in the woods. (Though 10/10 recommend a forest trail from time to time.)

Instead:

🧘 **Learn to track your regulation state** – Are you sped up, shut down, or connected?

🌀 **Build in low-effort sensory grounding** – Weighted blankets, coldwater, rhythmic walks.



Seek support that prioritizes safety, not just strategy –Trauma-informed coaching or therapy beats another productivity app.



Replace “grind” culture with “reset” culture – Rest isn’t a reward. It’s a requirement for cognition.



Final Thought:

When life has taught your nervous system to stay on high alert, losing focus isn’t a flaw—it’s a signal. Let’s stop calling it a disorder and start calling it what it is: a call for healing.

Want to find your way back to balance?

Try the **Pinnacle Wellness Assessment** —My’s newest tool for mapping your wellness across real-life, actionable areas. It’s free, friendly, and won’t judge your caffeine intake. [Link below.](#)

Alpha Testers Wanted:

InkWell™ went live just last week! We are still looking for early adopters to test and build the program.

If you love goal setting, need a supportive space to work on your thoughts, or love getting ot help design products and earn lifelong benefits, then the Alpha is for you!

Free Wellness Assessment!

Try the Pinnacle Wellness Assessment

Want to see where your personal wellness stands—without the overwhelm?

We created a free Pinnacle Wellness Assessment to help you identify strengths, spot burnout early, and make aligned adjustments.

✨ Built for busy professionals

🕒 Takes less than 15 minutes

📈 Gives clear, strengths-based insights

Start with clarity. Stay on your path.

Take the Assessment

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Coaching w/ Adam

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