

Amy Marie Hann: Mom guilt, the church & mastering the mundan...

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SPEAKERS

Katy Weber, Amy Marie Hann



Amy Marie Hann 00:00

When I first started my first business, it was kind of like, okay, well, I'm just gonna ignore all these adulting things that need to get done. And I'm going to just focus on making money, because that's more fun. But the reality is today, we never feel successful at that. If we also have this, like, you know, we feel like we're failing as a mom, or as taking care of our house to master our finances are a mess or whatever. Because we're just doing the thing that feels fun instead of, you know, finding a way to like, learn and grow and do these things. You know, the basics are what make us feel successful and like for our family to be doing well, and that's to be doing well, but then also pursuing the things that are interesting and stimulating.



Katy Weber 00:44

Hello, and welcome to the women and ADHD podcast. I'm your host, Katy Weber. I was diagnosed with ADHD at the age of 45. And it completely turned my world upside down. I've been looking back at so much of my life, school, jobs, my relationships, all of it with this new lens and it has been nothing short of overwhelming I quickly discovered I was not the only woman to have this experience. And now I interview other women who liked me discovered in adulthood they have ADHD and are finally feeling like they understand who they are and how to best lean into their strengths, both professionally and personally. Okay, before we get started, I'd like to share with you this review from the Apple podcast platform in Germany from a listener called boba the builder. It's entitled one of my faves. Always straight to the point with our well known zigzag thought patterns. Love it. Great guests. Thank you boba. I really appreciate the feedback. And I agree these conversations do zigzag all over the place. If you're a listener, who is still wondering if you have ADHD, and you're keeping up with these conversations and nodding vigorously the whole time, well, then I don't want to diagnose anyone, but I think it's a pretty good indicator that you are in the right place. Thank you so much for the review and the reminder that we are a global community of incredible women. This review helps so much in getting this podcast out there and found by other women who really need to hear these interviews. If you're a listener of this podcast, and you've been helped

by these episodes, please take a moment to leave a review or even just hit those five stars. Okay, here we are at Episode 87, in which I interview Amy Marie Han. Amy Marie is an ADHD advocate, entrepreneur and mom of three young kids. She was diagnosed with ADHD in kindergarten, but found motherhood and especially being a stay at home mom to be the most challenging season for her brain. She now teaches moms with ADHD to manage their home life with ease in order to have more time and energy. In addition to her activated ADHD Mama's Facebook group, Amy also runs a master the mundane course and training system for moms so they can better understand their brain wiring and develop the best home management systems for themselves and their families. She also wrote a 16 page ebook called thrive in motherhood with ADHD, which comes with practical tips, mindset shifts and resources for personal growth. You can get that for free at her website, which is in the episode shownotes. Amy and I talk all about domestic life and the unique pressures on women to be able to quote, do it all as a mom and entrepreneur and to somehow also be satisfied and sane. And we also talk about the Christian community and the church and how some of the expectations on Christian moms simply don't work when you have neurodivergent kids. If you've watched any of her instagram videos, you know Amy Marie brings such humor and warmth to the motherhood journey. I was really pleased to get to this chance to sit down with her and hear her story. So without further ado, enjoy. So you are what I call an ADHD unicorn because you were diagnosed in kindergarten. And so I'm always curious to find out kind of how that journey evolves right throughout your whole life. So I guess tell me what was going on in your life as a child that led to you first getting the ADHD diagnosis?

A

Amy Marie Hann 04:19

Yes. First of all, I have to apologize if you can hear my dogs. They're here. They personality just like everyone else in my house. Okay, so yes, I was a unicorn. Really My diagnosis was because my sister was first diagnosed. So she was three years older than me. And she just happened to have a teacher who told my mom at the time that she was like, you know, this child isn't trying to be bad. She's just you know, she was very, very talkative. And it's funny my sister and I are a lot different but I think because my sister was tested, you know, my mom had a private psychologist that tested her back then, you know, it was just all add to that I think when I was in kindergarten And I was tested. And so yes, I was medicated my whole life. But I didn't know anyone like me. Because, you know, I can remember going to the nurse's office to like get medicine in midday. And it was like the only other kids that I knew there on medicine were like the boys who got in trouble all the time. And I was like, not I was like super perfectionist people pleaser teacher's pet straight A student. So it was kind of weird. Like, I didn't really understand, I totally just thought it was like a school thing. I grew up, I did really well in school, my sister school was different for her, she was much better at like arts and drama and music and things like that. But for me, like I liked, I was a gold star kid, you know, I wanted to like, get all the things. So that's kind of what it looked like. But it wasn't really until college, and then my 20s and then the motherhood that I really began to understand the emotional regulation piece and the, you know, impulse control. And especially like all of that, then executive function, executive function was never that much of an issue to me until like adulthood. And then I didn't I didn't realize how much of that was connected to my ADHD.



Katy Weber 06:24

Right? Well, yeah, because we have our parents kind of as a safety net to help us with a lot of that stuff. And then you kind of sent off into adulthood and expected to kind of know how to do

all these things. And that's why I feel like so many of us have that feeling of like, everybody got the manual, but me, right,

A

Amy Marie Hann 06:39

absolutely. It's funny, because I think there's so many people that are diagnosed later. And of course, I only know my story intimately. But I think there are so many things, even having had a diagnosis. First off, we just didn't have as much information. I mean, I think there's so much better understanding now of what he is and how it manifests in all these different ways than they had back then. And, and I do think the doctors just didn't know and my mom did as much as she could. And I think that she was brave, in that she did medicate us and do some of these things that she did the best that she could with the tools that she had, but they just didn't know those things. But then still you internalize, there's still those struggles that you still internalize the singing their character issues. Even though I did have a diagnosis, I still just didn't know that, that that was part of my ADHD, and how it manifests itself.



Katy Weber 07:32

Well, and that's why I think it's such so fascinating to talk about it in terms of gender, when it comes to expectations, right? And how, like you said, like, so many of the executive functioning issues are thought of as character flaws, much more in women than in men. And just in you know, men often have wives or secretaries or, you know, it's just not, they're not expected to kind of do a lot of the highly challenging, you know, managing of the calendar and dinners and all of that typically fall to women. So yeah, it's a conversation, I'm always fascinated by having been diagnosed well into adulthood and kind of thinking about like, yeah, and a lot of us we talk a lot about the grief of being diagnosed in adulthood and wondering like how things could have been different and having to, like really learn to forgive the adults in our life, for doing the best they could with the knowledge they had at the time, right. And it is always fascinating to me to see these sort of parallel lives and how, at the end of the day, like you still have ADHD. And there's just, you know, so many interesting factors about like, how, what does success look like and all of that. So that's really interesting. So when did you start working with when did you start activated ADHD mamas. And when did you start like working with ADHD women specifically?

A

Amy Marie Hann 08:49

Well, I think for me, like it's kind of backed up. So my journey, like just understanding my ADHD brain, like in my 20s. So I went through a shift. You know, I was did really well in school. I was smart. I was capable. I knew I had ADHD, but like, I believed that I could do you know, could be successful. And then when I hit college, it got really hard. And I think now as I look back on like, I think that was like an RSD like, rejection sensitive, like I went into a depression like I failed my first class I've done that ever happen. And then it was like, I smiled, and I think I had this switch flipped and I thought, I began to see ADHD as something that limited me and so as I began to look at my future, I never really had a vision for a career. And I don't know why like I was always so successful. I gotten this great college and then even like, I kind of was bidding my time to be a stay at home mom, I thought like I always great with kids. I went to college, I graduated with a degree in recreation, which was like a joke. It was so easy for me. And then I

struggled because I didn't really understand how much I needed challenge. And I was kind of just in an even in My career in my 20s, you know, like, I would take these boring jobs because I thought it gave me the flexibility that wasn't that hard. And I took one job working on Capitol Hill, which was like, super intense, workaholic environment. And that was not good. But it was like, I just kept skewing back and forth. And I kind of feel like I was biding my time to like, I got married, and I had kids, and that was gonna be like, my thing, and I was gonna be so great at that. And then I did work full time to my first was like 18 months. And then it was like, right away, I was like, I this, I need something, my brain needs something. And that's my oldest, he is now 11. So that has really been the 10 years that I've been at home not had a corporate environment to go to. And so that has been a journey for me of learning what it looks like, well, especially knowing that I'm different than other moms, and the needs of my brain are different. And then I think then, as we've had more kids, we were foster parents, then we adopted and then we had our third child. And that whole journey, like the executive function piece of managing our home, became much, much harder. Since the beginning of being a single mom, I first started building a business and social selling online, and then really learning about marketing and then learning about automation. And that stuff is, has been the fuel for me to create, you know, my creative outlet throughout the state home mom thing, and then life got hard, probably like 2018 2019 2022 That's when you know, it's hard for everyone. But for me, it doesn't it doesn't it, adding a third kid like, I realized that that like my ADHD was worse than it had ever been. And I was challenged in ways I had never experienced the emotional piece. It was just like, who am I like, them, I was still a medicine, I was still but it was like nothing, I just was a loss. And so I began really learning and then also it was coming out of my kids. So you know, learning about it as a mom to care for them learning, like how do I function as a mom, how do I care for my kids, and then also still pursue these interests and these goals that I need to function because I it's not just financial? Yes, of course, I have big financial goals. And I am wired to like to be an entrepreneur. But it took there was a lot of mental work to give myself permission and realizing that it was all kind of wrapped up in my understanding of who I am, because of my ADHD. And because of like, that whole unpacking of the unmasking like this all connected, and how I see myself as a mom. And so really my journey and then building a presence on Instagram, I just got real authentic. And the course part the coaching part like that has kind of it was kind of a natural byproduct of that. And just wanting, seeing that there are so many other moms that struggle in a similar way, and really wanting to help them through that process of, you know, understanding their identity, being able to separate who is ADHD and who am I and really building that intentional life in a way that uses their strengths. Because I do think that the ADHD brain is amazing, and that there are so many gifted and talented people who because of those social constructs, they miss it, you know, or feel like because we're trying so hard to do all these things that we just feel like failures, when in reality, we're we're just really supposed to be doing life a different way. So that is your question. But it's definitely been a process over the last like four years. And really just now because I had been homeschooling the last two years, we just in January stopped doing that, which I needed so badly and it's really freed me up to have a little more capacity to devote to creating courses.



Katy Weber 14:00

Yeah, oh my God. Where do I start? Okay, so yeah, well, because I talked a lot of I've talked a lot with my guests on this podcast about just how much I want to go back to that version of me who had little kids who's just struggled so hard, because I also like we were living in New York City when I had my first and we I had to wear I had to work full time and in order to pay the rent and so I really really struggled and for finally made the choice to become a stay at home mom and we left the city so that we could live on my husband's income. And I was like, This is

great. Everything's gonna be great with my second kid. And then with my second kid, I was like, it was a whole other set of issues with having to be a stay at home mom, because it was that was really like, I just felt so you know, I just had a lot of heart a really hard time with my identity right? I was just like, there's gotta be more to this. I'm so unfulfilled and then I felt guilty about being unfulfilled because I should, you know, really love all this time that I'm allowed to have with my child. Aldrin, and it was just like so stultifying ly boring at times. So it's fascinating to me to think about like the phases like you said, when you know, how the ADHD kind of peaks, these peaks and valleys that we have in our lives as women and as moms, I'd like to take a moment to thank better help for sponsoring this podcast. If you're a regular listener of this podcast, you know, I am a big proponent of therapy therapy provides me the best opportunity for verbal processing something that is so important for my kind of brain and my sense of self. What I love about BetterHelp is that it's not a crisis line. It's not self help. It is professional therapy that's done securely online from the comfort of your home. They assess your needs and match you with your own licensed professional therapist, and it's available for clients worldwide. So you get access to a broad range of expertise that might not be available to you locally. It also tends to be more affordable than traditional offline therapy and financial aid is available. If you visit their website and read their testimonials. There are actually quite a few reviews that specifically reference help with ADHD as a special offer for listeners of the women and ADHD podcast, you'll get 10% off your first month, simply sign up at [betterhelp.com/women ADHD](https://betterhelp.com/women-ADHD), that's BetterHelp h e l p.com/women. ADHD. And there's a link in the show notes. This podcast is sponsored by BetterHelp. sitting back and watching this like explosion of ADHD diagnoses in women and the over the last couple of years, especially since the pandemic, how has it been to watch this? As somebody who has had this knowledge of ADHD and has had to kind of live with the various stigmas or stereotypes or you know, made those sorts of personal choices in your life? Like, do you think this is ADHD? Like, I feel like I'm always asked that question. Like, I'm like, so many of us are getting diagnosed right now. Do you think there's something else at play? Or do you think it really is ADHD and we're just sort of having this revolution or, you know, this renaissance in understanding what it looks like?

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Amy Marie Hann 16:56

Hmm, I think there's definitely more going on. I think, especially women right now, we are so taxed. I think there's a big crossover with the overstimulation. Because, you know, I've just been thinking about myself, like thinking about what I was always seeking, I'm always thinking, like, why, why did it get so much harder. And one of the things I've been thinking about recently, I don't know, if I'd say I'm definitely a highly sensitive person, like, if you know what that definition is, but I'm like, right on the line. And I would have never thought that about myself before, like, when I was younger, but I think I also had a lot of time and things in place. Like I just had natural opportunities to care for myself, like I remember like, in my 20s, like I would, you know, on Sundays go to a park and like, read a book and like, just be in nature, or like, go on a hike, or, like, do these things. And even like in high school itself, I would like go on walks and runs by myself and I, I was able to care for that, I think, as an adult and as a mom of three little kids who are have very intense needs, all my kids are ADHD, one of them's on at least ones on the spectrum, I don't know I have might have another, like, we just have a lot of stuff going on, they need a lot of me, I have very little opportunity to do those things to care for myself. And I think with the pandemic, it was just like an all time, hardship, and then being able to like talk to people and really process our thoughts and things. It just feels like I think life just got a lot harder. So I think there are some of these ways that we naturally coped, that were missing. I think what's been interesting to me is how many people I know had that have come to me and like, want to talk about it now. And I honestly I just didn't really like, especially as an

adult, like, as a kid people knew, because like, they would know, and I didn't take my medicine. But like other people that met me in my 20s and 30s probably didn't know, you know, but now it's like, especially because I'm so public about it. It just been interesting how many people come to me or I've had you know, my best friend's husband was diagnosed, my husband was diagnosed I have another best friend who I was talking to her about her. So it's just it's been really interesting like to have those conversations that you know, never would have guessed growing up that like it was so so prevalent in there are people that were struggling with it, they just never know. And now I look back and think about friends are different experiences. I'm like, Oh, I'm I'm pretty sure they probably aren't HD but you know, it's also kind of awkward because you can't like say that to people until they come to you. So yeah,



Katy Weber 19:32

I know I often get that feeling too because I feel like I wish I had a finder's fee for how many people have come to me and I have gotten a diagnosis either just because I've been so open about it. So they're, you know, either family members who have gotten diagnosed since I have or friends or just you know, through the podcast. I'm like, it'd be great if I got a finder's fee. But then also there's that's the other flipside where I'm like, Am I like fooling everybody? Like, you know, there's so much self doubt in my own diagnosis right where I'm like, Oh God, am I Like, is this really ADHD? Is this what's happening? Are these people ADHD? Like, are we just like, I feel like we're kind of as it's becoming more understood, I feel like we might be shifting into this new neurodiversity, right, which is sort of like there's not like an us and them neurotypical neurodiverse. Like there's, we're all kind of experiencing symptoms and traits on the spectrum in terms of like, how we think and what our brains need. And I think it's so fascinating to me to like, talk about this explosion in diagnoses might really be changing how we just look at not only our brains, like, from like a chemical biological standpoint, but also just sort of how we look at how we behave and revisit some of these things that we used to think as character flaws. And think about them really, in terms of like, no, they were never character flaws. It was really just about your environment, and how you were reacting in those environments and finding what you need to thrive. As opposed to like, you know, even just ADHD used to be called, like a moral character disorder, which is like, back in like, when it was first even an issue like in the 1900s. Right? They used to it was always about like, we know, your these kids are smart, they just won't behave. And so it was like always classified as this character flaw issue. And then we wonder why we all have have so much shame around who we are fundamentally, it was there a question in there, anyway. Well, I love what I love. Is the your master the mundane? Is that a course? Or is that a group? Because I just love that phrase, right? As a mother, right? The word Monday I talk about that a lot. So is that a course?



Amy Marie Hann 21:34

Is it the course? Yeah. And launching it? Actually next week? I don't know when this will air. So early May. It will launch. So I've been having lots of conversations. And it's been kind of in the works. But it's true. You know, it's like sometimes it's you know, you're just just not quite ready to pull the trigger. But I feel like we're there.



Katy Weber 21:52

Yeah. Oh, awesome. Okay, so tell me more about it. What is it? Who is it for? And what does it

involve?

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Amy Marie Hann 21:57

Yeah, so it is for moms with ADHD. And it's really around developing systems in your home. But I think that there's also like a lot of learning about yourself and self reflection and kind of hard work too, as part of it. Because we're all different. We all have different resources, we all have different abilities to outsource or to deal delegate. So it kind of takes a very umbrella perspective to help people create. You don't have these kinds of loose structures to help them guide how they spend their time, and what they expect of themselves. They can clarify what they expect themselves what it looks like to be successful, because I think so many moms, we just feel like failures because we have all these ideas. And really, I think what is at the heart of this system, what is unique is it's not just about getting all the things done, but empowering women to understand that they need stimulation, and giving themselves permission to do those things that are energizing, whether it's pursuing a business or, and I think for a lot of women, especially if you're just starting something out, and there's just especially moms, we feel like we can't give time to something unless we're monetizing it right away. But the reality is, it takes time to figure out what you're going to do, especially if you're just starting this journey, and you're doing all that self discovery in that healing in that forgiving, like, that's it that takes time. So it's empowering women from a neuroscience like understanding kind of how the ADHD brain works, what you need. And then developing rhythms that really support what your unique brain needs to enable you to do the brain mom things because it's not just about like making your way through it, we need that balance and that stimulation. So that's the heart of it.



Katy Weber 23:52

Yeah, right. I know. And just also going back to that, that idea that like I think there's a lot of pressure on women to be satisfied with domestic life. And I think a lot of us find that we just aren't and need much more stimulation. And when I was a stay at home mom for 10 years, I kept trying to like start a business or take a course or get certified like I could never just like be and I always thought that was bad. You know, like now I'm like, of course you could ever just be like you always want to have a million things on your plate. Like how can you lead into that? How can you move you know, how can you use that to your advantage? You know, so much of it, I think is like you said like the mindset of like, you know that God moving away from like, What is wrong with me approach to like, Okay, what do I need? How can I make the best use of who I am? In my environment?

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Amy Marie Hann 24:43

Exactly. And and like trust the process because I think you know, some of us have this thing we know we're supposed to pursue but we don't know how to do it and where to go or where to start but trusting that process and giving it space and room to breathe. So not everyone is entre. venereal, but I think a lot of people do have that creative inclination. And I also think, there to kind of counterbalance it, then there's that whole kind of like Mom, hustle or boss, babe, or, you know, non stop, go go. And that is not good for our brains either. Because we need there are these because it's easy to be like, when I first started my first business, it was

kind of like, okay, well, I'm just gonna ignore all these adulting things that need to get done. And I'm going to just focus on making money, because that's more fun. But the reality is, we didn't we never feel successful at that, if we also have this, like, you know, we feel like we're failing as a mom, or as taking care of our house to mass, our finances are a mess, or whatever. Because we're just doing the thing that feels fun. Instead of, you know, finding a way to like, learn and grow and do these things. You know, the basics are what make us feel successful, and like for our family to be doing well. And that's to be doing well, but then also pursuing the things that are interesting and stimulating. So that's really where my heart is.



Katy Weber 26:01

Yeah. And it's such a difficult balance to because I sort of I feel felt a lot of pressure and still do as a mom of kids who my kids aren't little anymore, but I'm still you know, I still feel like family comes first. Like my role is to make sure that everybody else is taken care of before I can look after myself, it's the opposite of the oxygen mask. The fallacy, right? Where it's just sort of like, it's fine if you want to pursue your little business, but you can't put your business before making dinner or making you know, laundry or all of these other things. And I remember like Shonda Rhimes, he was giving like a commencement speech about like, the the work life balance, and oh, how do you do it all, you're a single mother of children, and like, you're this amazing producer. And she was like, there is no balance. She's like, when I am in the studio, killing it on a script, you know, I'm missing my kids baseball tournament, or, you know, or when I'm at home, making a Halloween costume, I'm late on a deadline, and you know, and that she was just basically trying to, like, break down that myth that women can have it all. And I think it's, you know, it's a really fine balance, because on the one hand, we've wanted all at least I do, like, I feel like I want everything, like, I feel like I can get that balance. And I think that that's much very much an ADHD, personality trait, right of like, wanting all the things, I'm having so much enthusiasm about doing all the things but also knowing you have to, like, do all these other chores, that are always there. So like finding that balance between like, wanting to feel wanting to, to, you know, go after stimulation and finding it all, but at the same time, like, you know, almost like a bungee cord, right, but at the same time, you still have to kind of like have all of these adulting things in a family and oh, like just it just feels like everything ends in like mom guilt, you know, and, and that I think was so important about the community and finding each other and having these conversations is realizing that like, I'm not the only one who's thinking this, I'm not the only one who at the end of the day is feeling like God, I'm a terrible mom, because I was doing this instead of this, you know? And,



Amy Marie Hann 28:11

yeah, anyway,



Katy Weber 28:14

I think it's such an important piece to work on with mothers, especially. And and I don't know, I mean, I have no answers, really. I'm just learning as I go, right? I'm just learning as I go.



Amy Marie Hann 28:30

I'm really excited. Yeah, well, and I think for me, like I tell people, if you have little people and you're trying to build something, I think it takes a solid year to figure out just how to do that, just how to make time for something. And I think what I'm trying to do is really shorten that window, so that people feel confident in this vision for their life that they're pursuing. So that they figure out the dynamics in and are able to simplify their demands on themselves. Because I think that's one of the things you think as you get better, as you know, yourself better, are able to set better boundaries around, you know, the mom expectations of what it looks like to be a good mom. And I think especially with your kids, like there's so many things, you know, I can remember like what I thought I was supposed to do, and stay at home mom, like I can remember, you know, I thought I'd be like the room mom. And I'm like, I don't want to be the room. Like I only have so much administrative capacity. And my family gets as much as I can give them like I can't I don't have space in my head for things that don't really matter to my kids and don't really been aren't really aligned with like the goals in this vision that I have for my life. So, you know, my goal is to help women clarify that clarify what their what they uniquely their unique motherhood supposed to look like because it is it's different for all of us, especially as ADHD errs, you know, we have these things that we're very good at I'm in a very interesting and for some, it's like it aligned with mom stuff. You know, some people love throwing their kids birthday parties, you know, other people, it's like that's on the I would never want to do that ever again. So like being able to clarify and then confidently live into that. Yeah,



Katy Weber 30:17

I like to hyper focus on birthday parties, but then I need like a month to recover. And that's the other thing is like, and now at least I can understand how much burnout that brings, right? And I do enjoy it. But it's like, yeah, I had so much I'm still I somehow ended up as the PTA president and like, elementary school pre pandemic, and I'm, like, still recovering from that burnout. Like, three years later, it was so intense. That's another story.



Amy Marie Hann 30:44

But that's the thing is we want to say yes, like understanding you're gonna want Oh, yeah, say yes to all things because you're like, it sounds really fun and interesting at first, and then you're like, Okay, no, this is not



Katy Weber 30:56

what it's like, I think it's yeah, it's like, it's like a toxic combination of wanting to say yes to a lot of things, and also having a really hard time saying no to things. And that's, you know, which I've talked about, like chronic volunteerism, in other episodes, right? And how I sort of like accidentally ended up, you know, in these situations, where I'm like, Sure, I'll volunteer how much time? How bad could it be? And then like, a year later, I'm in charge. And I'm like, how did this happen? When I was diagnosed with ADHD, it completely turned my world upside down. I looked back at so much of my life, my grades and school, my multiple careers and hobbies, my friendships, my marriage, motherhood, my relationship with food, and my body, like all of this with a new lens. And it was overwhelming to say the least, if you've been diagnosed with ADHD, and you're feeling blown away by this new insight into your brain and

how it operates, I totally understand I can help you begin to sort through this chaos, explore who you are and how your brain operates. So you can finally start to lean into your strengths and begin to use them to your advantage moving forward. Together, we can work to identify what obstacles you've been facing, and create strategies to help you start living a more fulfilling, gratifying life, head over to [women in adhd.com/coaching](https://www.adhd.com/coaching), to book a 30 minute initial consult with me. So we can figure out if my brand of one on one coaching is right for you. Again, that's [women and adhd.com/coaching](https://www.adhd.com/coaching). And you can find that link in the episode show notes. So now I'm curious, what do you love most about your ADHD?

A

Amy Marie Hann 32:34

Gosh, I guess you know, it's funny, I have my nose down. And I actually I love that one link ahead.



Katy Weber 32:41

Let's do it. Well, I mean, I really feel like I could go on forever. I don't need notes for this one.

A

Amy Marie Hann 32:45

Yes. I think the warmth and energy that I bring to the room has a huge part of my ADHD, you know, I am energetic, I am authentic. And I think that other makes other people feel safe around me. I think that's always been my biggest gift and to the world. And I think, you know, people are vulnerable and open up. And I love that because I am not great at small talk. So I think that's a huge part of my brain. I also love asking questions, and very curious. And so I just love learning about different things. So yeah, I love being a resource to people. I love creating. You know, I think one of the things that I think for me has been the game changer. And understanding about my brain is that I think so many of us, you know, I say that I talk about the creative genius and the ADHD. Mind is this creative genius. And I think so many people just think of that as like, traditional creativity, like artistic gifts. But I have come to see it so much more as the way I see things. And being able to trust my input. You know that like when I talk in a room, my insights are unique because of my ADHD brain. And I don't think I ever thought that growing up that I thought I was smart. But I didn't think that I had a unique perspective on things that in it, especially, you know, learning about like online business in the last few years, like in marketing and there's so many things that I've realized that I see it make total sense to me. But other people don't see it. Not everyone some people do. And some people are you know, when you meet people that see it like you do, that's why we think we love each other so that when you buy the ASU Dr. Who thinks like you and is passionate about the same things like that's like total magic, because they can elevate your thoughts but being able to trust that you have unique insights to add to the world and sharing them I think that has been huge because because of the way we think in are able to connect different ideas that we do have unique observations and so that is what I want No power my kids with that understanding that, like their insights matter and are unique in in the world needs them because I believe we do bring a unique perspective. And that by being in the room and sharing our perspective, whether people understand it or not, or how out of the box or, you know, all of our ideas aren't good, but I believe they elevate the conversation. And what I mean, when I say creative genius, I think it's the way we see things is unique. Mm hmm.



Katy Weber 35:30

I love that. That's lovely. Yeah, it's just true. Uh, you know, I think we do undervalue a lot of our creativity when it if it's not like, in the obvious arts, like you said, that I think about like, Instagram real, like your, your Instagram account is so entertaining, and so incredibly creative, and lovely. And funny. And, you know, I think those are a lot of the qualities that feel effortless. Sometimes people with ADHD and things that are effortless, we tend not to value I can be you have to, like actively take the time to like, reward yourself or, or, you know, stop and realize that some of these things that come effortlessly to you are actually really difficult for other people I read, that reminds me of a guy who was a tick tock video, I came upon once where he said, I'm really smart at dumb things, and really dumb at smart things. Basically, but you know, it's the things that are really, really easy for other people can be really, really difficult for us. But there's also that flip side to it, which is there, there are a lot of things that I think we take for granted, in terms of our talents,



Amy Marie Hann 36:37

we have to own both, because I feel like the more that we can say like, more comfortable, I've gotten to be like, that's not interesting to me, my brain doesn't get that, like whatever. It also has helped me to say, to own the things I am good at and do understand well. And it's funny, like you say about like comedy or humor. That was something that I for me that was big part of masking is I feel like I hold my funny side of my personality very close to the vest, like I let a lot of people might see my silly side, like in real life people like, especially like my kids. But that's been in the last few years of being able to like, it's funny, Instagram has been a fun release for that have given me an opportunity to show like my funny side a little bit, because I do think I played that close to the vest because it is a little bit quirky. And not everyone gets it, you know, really was the only my very closest friends would would understand would see that side of me. And so it's been fun to bring that to life a little bit.



Katy Weber 37:43

Same, I really enjoy making rules too. And for a lot of the same reason, which is like, I think there are people in my life who know me and I feel safe around and can see that sort of silly, quirky side of myself that I show in conversation on the podcast, but also on my Instagram, but also like there are a lot of people in my life who would classify me as quiet and withdrawn because I'm very, you know, I am really at the end of the day and introvert of and but I've also sort of like, it just depends if I feel like said like if I feel safe around you. But for the there are many people who I come across as being like very shy and very reserved, and then other people who are like, I would never, never call you either of those terms. It is interesting. And you know, how fractured our personalities can be often and how that leads to a lot of you know, that sense of, I guess, isolation, right? And then some of the loneliness that we feel with in you know, so many of us share that feeling of like, wouldn't call it loneliness. I mean, a lot of us do feel it. But I think that just a sort of sense of like feeling misunderstood,



Amy Marie Hann 38:47

...but realize if you never feel like you're totally yourself, or if you are withholding part of your

what makes it you never feel like you're totally yourself, or if you are withdrawing part of your personality. Even when people do love you and embrace you, it's hard to really believe it, because they're, they don't really see the full side of you.



Katy Weber 39:01

I'm curious because you're very open about being a born again, Christian, and you're very open about your faith. And it's sort of worked into a lot of what you do and a lot of what you talk about and so I'm I'm curious, like how is ADHD or even just neurodiversity or mental health? You know, how is it viewed in the Christian community, especially with with moms and women? Wives,



Amy Marie Hann 39:24

there's varying degrees, there's a, you know, a lot of different places, you know, the Christian community is a big community. And so yeah, that's true. Different, you know, viewpoints, I'd say, especially like with my kids, you know, there are places that you know, there's you're supposed to be in the box, being a good mom looks a certain way. Have a good obedient kids, because a certain way, I do think, especially for moms who have neurodiverse kids, it's a it's a big shift and especially moving towards like, gentle parenting. And there's a lot of things that Christian moms are told to do, that don't work for Neuro divergent kids. And so I think that is a thing. I think there are some of us in that community trying to empower and take some of the shame away, because I think a lot of the traditional Christian culture for moms is that, you know, you're supposed to be a stay at home mom, and you're supposed to, you know, really enjoy it. But I do think within certain communities that there is more empowerment, like, I believe that Jesus thought very highly of women. And I realizing that a lot of the me trying to play it small, I think I had this expectation of myself that was kind of wrapped up with, you know, this ideal Christian woman and wife, and mom. And so realizing that who I really am, is very different than who I thought I was supposed to be. You know, there was some grieving in that. But I feel like, for me, as I lean into who Jesus is, and what he says about me, I find more freedom, because I think he, what has, you know, my brain is no surprise to him. So what the traditional Christian community might say, versus what I feel like, as I draw intimacy, relationship with Jesus, those are two different things. And I think it's helped me, you know, we just moved to a new city. And so, you know, we've found a new church. And so a lot of this church that that we're, you haven't joined it yet, but that we're going to bring in our kids to is very aligned. And a lot of these things, they take mental health very seriously. They believe that women have a really vital role to play in leadership. There's a lot of that. So I don't know if that answers your question. So so it's definitely part of it. And I definitely think it can for some add an extra level of level of shame. And for, for me, I think it's why I want to really empower women, especially women who do identify as Christian like that. It's like, I look back, I'm like, do I am I trying to serve women her description, but I do feel like I want to create a safe space where women who do identify as Christians, but don't have it yet unpacked all of that stuff, feel safe, feel love. And I also, one thing that I think about is, I believe that neurodivergent minds, just like I said, we have a unique insight, I believe within the church community, we need to be showing up there. And because we have things to add, we have our insights are valuable. And so I do think in the last few years, as I more I learned about sensory needs, and neurodivergent, and two of our family members were diagnosed on the spectrum, like, I've definitely looking through so many things, you know, through through that lens now that I never did before, just

in terms of, you know, how accepting is this? How open is this? How, but so it makes me appreciate environments that are where I feel like they are safe spaces, but I'm sure there's still a lot who



Katy Weber 43:21

are? Well, yeah, that's what I was gonna say to like, I think the more I learned about kind of the, you know, the more I looked through my childhood with a with a, this lens, and the more I think about, like, what support I needed and what support I did and didn't get from adults, you know, and you know, because a lot of that time I've talked about, like, I was told to do these things, and I had no tool, I just didn't know how, and I would have been really great if I knew that I didn't have to do this on my own. Right. And so I think, you know, I think it's so important to find your people and to find communities. But I think like you said, it's so important to create community support for Neuro divergence, because I think knowing that we are not the problem, right, that we are not the issue that the issue is something needs to be tweaked, something needs to be changed so that you can thrive and I think that having community support, or having, you know, school support in the school system, you know, like all the ways in which children especially need to know that they are not the problem. Anytime you can change that anytime you can offer that in like intentional communities, I think is really so important.



Amy Marie Hann 44:26

And I think also like advocating it, so it's new for us too. So my oldest is 11. And he especially on Instagram, I try to not talk about anyways go into. I tried to keep their mental health issues private but he was diagnosed on the spectrum. That's like a whole other thing for me like that to understand and to process his needs, you know, and he's now coming into middle school. He has a lot of social anxiety. So for us finding a church where he felt safe was was like a whole other thing you know, and also like he doesn't want to go to the pullout thing he wants to sit down I read this book at church. And so part of it was, you know, you kind of just as a mama bear, I think it puts things at a whole different level, because I'm not, it's not just about me, I think it's so much easier to advocate. And you know, I think, you know, people ask like, Well, should I have kids? Because, you know, I have AD D. And but I think, first off, the more ADHD brains in the world, neurodiverse brains, the better off we're all going to be, because I think we have so much to evaluate that. But I also think, parenting and ADHD child is 100% been the most motivating thing to learn about my brain, because, you know, I don't just want to learn it for me, I want to learn it for them. But anyway, since we've gone to churches, and you know, you feel like how judged do I feel? I feel for him, you know, it's like, he's sitting there reading his book, like, Are people rolling their eyes are people that like, you just, it just tells you, you know, how gracious is this place? How accepting are they? And I feel like that's, you know, the places where we feel comfortable. It says so much.




Katy Weber 46:05

Oh, that's lovely. And it sounds like you found a nice supportive community in your new town. So that's great. So now I like to ask if you could rename ADHD to something that makes a little bit more sense to some of us. Would you call it something else? If you could?

 A Amy Marie Hann 46:22


I think the creative genius conundrum, because there's so much about it. That's amazing. And there's so much that's doesn't make any sense at all. So right,

 Katy Weber 46:34

I love that. That's good. I like it. You're always great with the alliteration, too.

 A Amy Marie Hann 46:38


I like alliteration. My name my maiden name is Adams. I was Amy Adams.

 Katy Weber 46:42

Oh, is that why? Okay. So in addition to master the mundane, which is the online course you have, you also have an ebook, right? essential tools to thrive in motherhood with ADHD?

 A Amy Marie Hann 46:55


Yes, that is a totally free guide that anybody can get from my instagram or from my website. But yes, Master, the mundane is launching for our beta round, early the beginning of May. And then over the summer, it will be out

 Katy Weber 47:09

permanently Awesome. Well, that's exciting. And then you also have your Facebook community, right? The activated ADHD

 A Amy Marie Hann 47:15

mamas, yes. Activated energy, mamas. And what happens in there. It's mostly just a place where people can connect and get support. I've gone through seasons where I've added more value there right now it's more just a place for people to connect and get support. I will be having a private Facebook community for the master, the mundane, where we will have weekly support calls and ongoing training and things like that. But as a mom with three young kids, my youngest is is three. So I currently only have 10 kids three hours a week, so I have to use them pretty strategically. So I'll be pouring more into the master the mundane community on a weekly basis, which I'm excited

 Katy Weber 47:58

about Awesome. Yeah, you're in the thick of it with a three year old. They're still young enough

about. Awesome. Yeah, you're in the thick of it with a three-year-old. They're still young enough that like anything they do, they could potentially kill themselves.

A

Amy Marie Hann 48:08

Oh my gosh, we're learning shrinking Ariana pool at our new house. And she legit thinks she can swim. She cannot swim. She She just like tippy toes. But like the deep end. It's an old house. So the deep end is like super tight. She yesterday I was like, because she was like trying to like leave her noodle. And I was like, Libby, you're going to die. So then I like excuse me, she hasn't at all again, and she put it and then you know, of course she starts like drowning again. And I had a great choice because I didn't die. Oh my gosh, because I do because I'm ready.



Katy Weber 48:41

Oh my goodness. My son was like that, you know, the minute I put him down in a parking lot or anything, I would put him down on the ground to like, grab up, grab the groceries or something and he would just go, he would. He would just take off and I would always be like it is a miracle. You are still alive.

A

Amy Marie Hann 48:56

Oh no that Libby has me. She'll go out our front door. And it's like, the other night I was reading a book and I like hear the doorbell ringing. I'm like, Well, what is that I come out and she was like, I went to go see the neighbors. So yes, I'm in the thick of it. We're all 100% on for the mommy mode. So I get it. I'm living this what's the fighting time to serve and build a business while raising intense kids is my day in and day out like I know it well.



Katy Weber 49:30

Awesome. Well, thank you so much for for sitting down with me and sharing a little bit more about your story and your diagnosis and your perspective. So where can our listeners find you and what's the best way they can reach out to you?

A

Amy Marie Hann 49:43

The best place is on Instagram. At activated ADHD Mama, I also have a post on Facebook, but I'm much more active on Instagram. So find me there and reach out and say hi and in my links you have can get access to all the things



Katy Weber 50:00

Pick up. Yeah, you got a lot of freebies there. That's awesome. Okay, well, wonderful. Thank you so much, Amy. Thanks, Katie. And there you have it. Thank you for listening. And I really hope you enjoyed this episode of the women and ADHD podcast. Also, you know, we ADHD ears

crave feedback, and I would really appreciate hearing from you the listener. If you're a fan of the podcast, please take a moment to leave me a review on Apple podcasts or audible. And if that feels like too much, and I get it, then just take a few seconds right now to give me a five star rating, or share this episode on your own social media to help reach more women who may be have yet to discover and lean into this gift of neuro divergence. And they may still be struggling and don't even know why. And if you'd like to find out more about me and my one on one coaching for women with ADHD, head over to [women and adhd.com/coaching](https://www.womenandadhd.com/coaching) and you can always find that link in the show notes. I'll see you next week when I interview another amazing woman who discovered that she is not lazy or crazy or broken. But she has ADHD and she is now on the path to understanding her neurodiversity and finally using this gift to her advantage. Take care till then