



Illustrator Tackles Women's Stigma Through Art

Description

Raising Awareness of ADHD in the Workplace

Ana Jaks, an illustrator from Bristol, advocates for greater awareness surrounding attention-deficit hyperactivity disorder (ADHD), particularly in professional settings. Diagnosed at the age of 27, Ana often felt overwhelmed and struggled with burnout before her diagnosis. She describes her work life as chaotic, believing that constant stress was a norm.

Ana is involved in the "Staring Back At Me" campaign, which challenges the stigma associated with ADHD, especially for women and non-binary individuals. The campaign aims to help people recognize ADHD symptoms and highlight the particular challenges these groups face in the workplace.

The initiative launched its first phase in 2022, focusing on ADHD's signs and symptoms, with a recent second phase concentrating on its impact at work. As part of the campaign, Ana created vibrant designs for the linings of suit jackets, symbolizing the often invisible struggles of those with ADHD.

Despite an increase in awareness about ADHD, many women remain undiagnosed, leading to feelings of isolation and imposter syndrome. Professor Amanda Kirby from the ADHD Foundation notes that understanding of the condition is still lacking, particularly in workplaces.

Ana reflects on her journey: "Receiving my diagnosis felt liberating, yet it also brought a wave of grief; I realized how much easier life could have been had I understood myself sooner." She emphasizes the importance of sleep, exercise, and connecting with nature, stating, "These adjustments have profoundly improved my ability to manage ADHD."

For Ana, open conversations about her diagnosis with clients have led to supportive and positive experiences. She encourages others to embrace their true selves rather than masking their struggles.

Vocabulary List:

1. **Advocates** /'æd.və.keɪts/ (verb): Publicly recommend or support.
2. **Stigma** /'stɪg.mə/ (noun): A mark of disgrace associated with a particular circumstance quality or person.
3. **Symptoms** /'sɪmp.təmz/ (noun): Physical or mental features indicating a condition or disease.
4. **Isolation** /,aɪ.sə'leɪ.ʃən/ (noun): The state of being separate from others.
5. **Liberating** /'lɪb.ə.reɪ.tɪŋ/ (adjective): Freeing someone from imprisonment slavery or oppression.
6. **Burnout** /'bɜːn.aʊt/ (noun): Physical or mental collapse caused by overwork or stress.



Comprehension Questions

Multiple Choice

1. At what age was Ana Jaks diagnosed with ADHD?
Option: 18
Option: 23
Option: 27
Option: 32
2. What campaign is Ana Jaks involved in that challenges the stigma associated with ADHD?
Option: Beyond the Label
Option: Breaking Barriers
Option: Staring Back At Me
Option: Voices Unheard
3. In which year did the initiative focusing on ADHD's signs and symptoms launch?
Option: 2019
Option: 2020
Option: 2021
Option: 2022
4. Who noted that understanding of ADHD is still lacking in workplaces?
Option: Professor Amanda Kirby
Option: Dr. John Smith
Option: Ms. Laura Johnson
Option: Mr. David Brown
5. What adjustments does Ana Jaks emphasize for improving ADHD management?
Option: Medication only
Option: Sleep, exercise, and nutrition
Option: Therapy sessions
Option: Isolation and alone time
6. How does Ana Jaks describe the impact of open conversations about her diagnosis with clients?
Option: Negative experiences



- Option: Neutral reactions
- Option: No change
- Option: Supportive and positive experiences

True-False

- 7. Ana Jaks felt overwhelmed and struggled with burnout before her diagnosis.
- 8. The "Staring Back At Me" campaign focuses on challenging the stigma associated with ADHD in the workplace.
- 9. Many women with ADHD remain undiagnosed, leading to feelings of empowerment.
- 10. Ana Jaks believes that understanding of ADHD in workplaces is sufficient.
- 11. Ana Jaks emphasizes the importance of sleep, exercise, and connecting with nature for managing ADHD.
- 12. Ana Jaks discourages others from embracing their true selves and suggests masking their struggles.

Gap-Fill

- 13. Ana Jaks advocates for greater awareness surrounding attention-deficit hyperactivity disorder (ADHD) in professional settings because she often felt overwhelmed and struggled with burnout before her diagnosis at the age of _____.
- 14. The "Staring Back At Me" campaign is aimed at challenging the stigma associated with ADHD, especially for women and non-binary individuals to help recognize ADHD symptoms and highlight the particular challenges faced in the workplace. The campaign launched its first phase in _____ and recently shifted focus to the impacts of ADHD at work.
- 15. Professor Amanda Kirby from the ADHD Foundation notes that despite an increase in awareness about



ADHD, many women remain undiagnosed, leading to feelings of isolation and _____ syndrome due to the lack of understanding about the condition in workplaces.

16. According to Ana Jaks, receiving her ADHD diagnosis brought a mix of feelings. She described it as liberating, yet also felt a wave of _____ when realizing how different life could have been had she understood herself sooner.

17. Ana Jaks believes that open conversations about her ADHD diagnosis with clients have resulted in supportive and _____ experiences, encouraging others to be genuine about their struggles.

18. Ana Jaks emphasizes the importance of sleep, exercise, and connecting with nature for managing ADHD, stating that these adjustments have significantly improved her ability to _____ the condition.

Answer

Multiple Choice: 1. 27 2. Staring Back At Me 3. 2022 4. Professor Amanda Kirby 5. Sleep, exercise, and connecting with nature 6. Supportive and positive experiences

True-False: 7. True 8. True 9. False 10. False 11. True 12. False

Gap-Fill: 13. 27 14. 2022 15. imposter 16. grief 17. positive 18. manage

Vocabulary quizzes

Multiple Choice (Select the Correct answer for each question.)

1. Which of the following is a natural response to infection or injury?

Option: inflammation

Option: prebiotic

Option: nourishment

Option: binge



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2. Which type of bacteria are considered good for your gut health?
- Option: probiotics
 - Option: respiratory
 - Option: safeguard
 - Option: diagnoses
3. Which diet is known for its emphasis on fruits vegetables and healthy fats?
- Option: mediterranean
 - Option: stigma
 - Option: sensory
 - Option: acute
4. Which word describes being actively involved in a particular activity?
- Option: engaged
 - Option: exacerbated
 - Option: therapeutic
 - Option: advocates
5. What term is used to describe a sudden powerful forward or upward movement?
- Option: surge
 - Option: symptoms
 - Option: isolation
 - Option: liberating
6. Which term means causing harm or damage?
- Option: detrimental
 - Option: pathogen
 - Option: evolved
 - Option: prevalent
7. What does safeguard mean?
- Option: safeguard
 - Option: burnout
 - Option: spillover
 - Option: uncertain
8. Which word means experiencing severe or intense symptoms?
- Option: acute
 - Option: respiratory
 - Option: inflammation
 - Option: surge



9. What term relates to the healing of disease?

- Option: therapeutic
- Option: probiotics
- Option: mediterranean
- Option: engaged

10. Which term is associated with a mark of disgrace?

- Option: stigma
- Option: tribute
- Option: surged
- Option: sensory

Gap-Fill (Fill in the blanks with the correct word from the vocabulary list.)

11. Including _____ in your diet can help reduce inflammation.

12. The patient presented with typical flu-like _____.

13. The astronaut experienced prolonged _____ in space.

14. Traveling to a new country can be a _____ experience.

15. A _____ is a biological agent that causes disease.

16. The future of the project remains _____ due to budget constraints.

17. The organization _____ for improved healthcare policies.

18. Continuous overtime work can lead to employee _____.

19. The doctor confirmed the patient with multiple medical _____.

20. Consuming foods high in _____ can support gut health.

Matching Sentences (Match each definition to the correct word from the vocabulary list.)

21. A balanced diet provides essential for the body to function properly.

22. Some people have the tendency to eat when feeling stressed.



23. The ceremony was held as a to the fallen soldiers.
24. Sales of the new product in the last quarter.
25. The new art installation aimed to heighten visitors' experiences.
26. The lack of rain the drought conditions in the region.
27. She is known as one of the leading for mental health awareness.
28. Over time technology has to meet changing needs.
29. Stress-related illnesses are becoming more in today's society.
30. The virus primarily affects the system leading to breathing difficulties.

Answer

Multiple Choice: 1. inflammation 2. probiotics 3. mediterranean 4. engaged 5. surge 6. detrimental 7. safeguard 8. acute 9. therapeutic 10. stigma

Gap-Fill: 11. legumes 12. symptoms 13. isolation 14. liberating 15. pathogen 16. uncertain 17. advocates 18. burnout 19. diagnoses 20. prebiotic

Matching sentence: 1. nourishment 2. binge 3. tribute 4. surged 5. sensory 6. exacerbated 7. advocates 8. evolved 9. prevalent 10. respiratory

CATEGORY

1. Health - LEVEL4

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