

# 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 /'strg.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** /'bɜrn.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. ESL-NE

#### **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



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? ESL-NEWS

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
-18 CO2
13. The astronaut experienced prolonged in space.
14. Traveling to a new country can be a
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.
To improved medianeare 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 belonged dist provides assential for the body to function properly.
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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