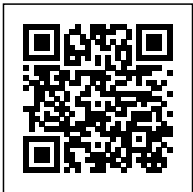


# ADHD

*Posted on February 22, 2024 by staff*



Unfortunately, there isn't one universally recognized symbol for [ADHD](#). However, the most popular symbol gaining traction within the ADHD community is the **rainbow butterfly**.

Here's a summary of this symbol:

**Design:** It often depicts a stylized butterfly with vibrant rainbow colors. Sometimes, the butterfly is incorporated into an infinity loop.

**Meaning:** The butterfly represents the way an ADHD mind often flits from one thought to another, similar to how a butterfly flits from flower to flower. The rainbow colors symbolize the diversity of experiences and strengths within the ADHD community.

**Origin:** The symbol emerged from discussions within online ADHD communities, where members sought a visual representation of their experiences. This symbol is not formally recognized by any official ADHD organization, but it has gained widespread acceptance and usage.

**Additional notes:** While the butterfly is gaining popularity, there are other [symbols](#) used by individuals and organizations within the ADHD community. These can include abstract designs, brainwave patterns, or other visuals that resonate with individual experiences..

