





# Focus and Concentration



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# Focus and Concentration

- **Pomodoros** Always “small tomatoes” (25 min limit for focusing on a task) then a 5 min break.
- **Dopamine**- Stimulants release Dopamine but so does music on headphones (no lyrics) and exercise!
- **Physical activity** before sitting down to do a Pomodoro
- **Novelty** is important
- **Eliminate Distractions** in your environment and on your computer.
- **Use a Distraction Log**, which then becomes your To-Do List. Anything that distracts you goes on the log. You attend to that log after your task is done.
- Truly Understand and **Define the Task** and **Create a Narrative** of how it will get done

Dopamine is a Neurotransmitter or chemical messenger in the brain, which is increased by stimulant medications for ADHD but can also be increased through:

- **Meditation**
- **Eat healthy sources of protein** (Nuts, eggs, beans, beef, chicken, fish, lamb, nuts)
- **Foods known to increase dopamine include** chicken, almonds, apples, avocados, bananas, beets, chocolate, green leafy vegetables, green tea, lima beans, oatmeal, oranges, peas, sesame and pumpkin seeds, tomatoes, turmeric, watermelon
- **Listen to music** (without Lyrics)
- **Get Sunlight**
- **Exercise** (20-30 min a day minimum)
- **Spend Time in nature/green spaces**





## Avoid Multi- Tasking at all costs

- **Block Extraneous Noise** (**Loop quiet Ear plugs for noise reduction**)
- **Connect with Nature.** **Green space** is key when it comes to sharpening your cognitive skills. Get outside. Good for Mood as well.
- Playing **Specific Games** can help you get better at concentrating (**Chess, Scrabble, Word Finds, Concentration Card Game**)



A close-up photograph of a desk workspace. In the foreground, a white computer keyboard is partially visible. Below it, a wooden calendar shows dates like 16, 23, 30, 17, 24, 31, and 25. A notebook with several colorful sticky tabs (purple, teal, purple) is open. The text 'Week 2 Organization and Planning Strategies' is overlaid in a white, cursive font.

## Week 2 Organization and Planning Strategies

- **Handle papers/mail once**
- For incoming mail have **folders** ready (Bills, Social, Medical, Call)
- **A Home for All Important Possessions!**
- No temporary homes for important stuff!
- Use **Phone Reminders**
- Use **Siri and Alexa Hacks** or Echo Dot to make grocery or shopping list/keep grocery list, call phone etc Can place Amazon Orders with your voice with Alexa or Echo; Use Timer Requests; Ask how much time is left on Timer etc Ask Alexa to call your phone when you can't find it
- **Assign priority level** to your To Do lists
- **Address Time Awareness** Phone provides distraction so use some other time piece for keeping track of time. Make time visible.
- Address Media Consumption. **Be intentional with what you read or watch. (Is THIS worth my time and attention?)**
- Focus on **Clear Surfaces**

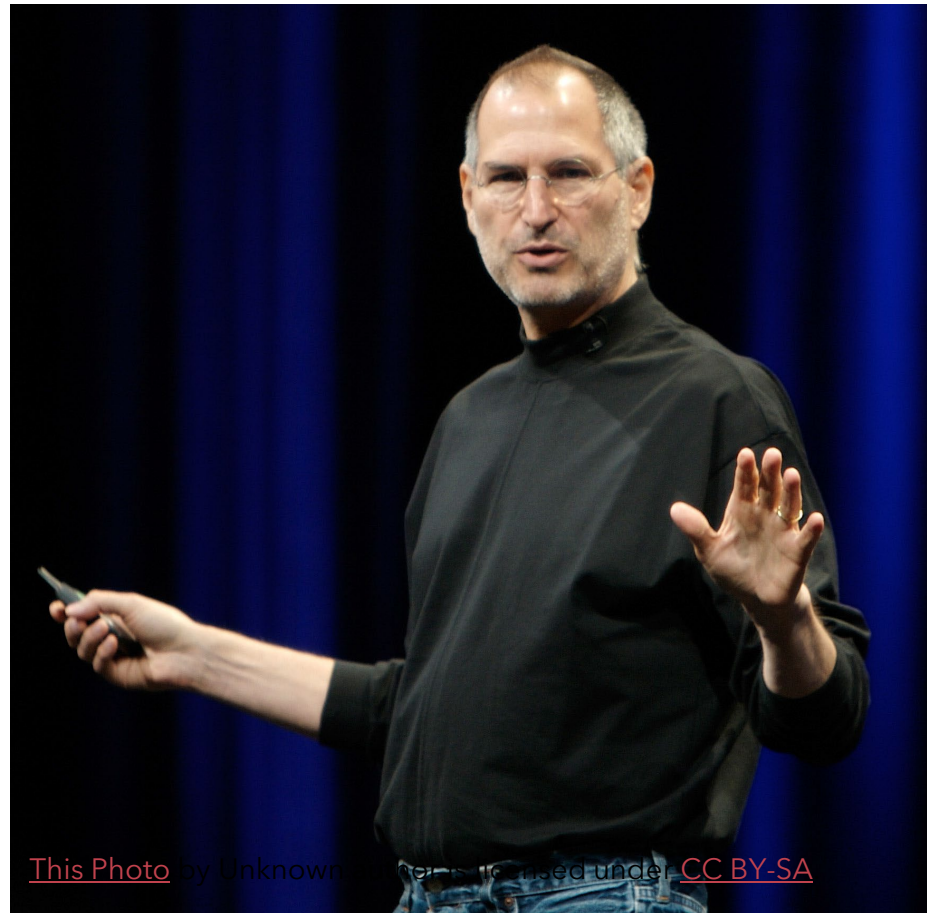




## Week 2 Organization and Planning Strategies

- Use **1 notebook** for **your distraction log/to do list**
- Google Calendar to coordinate scheduling within a Marriage/Relationship/Family
- **If it's not written down it does not exist! Write it down!**
- Take **15 minutes each night** to organize what you will wear and what you will eat the following day
- **3 Things before bed:** Plug in phone in its home; Set alarm; Hygiene routine- (may include meds)
- **Shower at night** Most folks with ADHD are not morning people
- Let people help you. Ask family for reminders.
- Leave earlier than you think you should leave; **Set clocks 10 minutes early**; factor 10-15 minutes extra into your planning
- For better organization at home, go through each room in your home, and reduce your inventory entirely.
- **Inventory must equal space**

*Consider ways to decrease Decision Fatigue: Steve Jobs Chose to Decrease Decision Fatigue By Choosing the Same Outfit Daily...so did Einstein and also Mark Zuckerberg has several repeat outfits (Casual/Business).*



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## Week 2 Organization and Planning Strategies

- Leave some extra room in drawers and shelves
- Once you reach a level of orderliness, use **the 1 in =1 out** rule
- If it helps you clear your closet, think of someone to donate your items to, and then add things to the give-away pile that might work well for them
- **Arrange clothing in your closet by color; Simplify wardrobe**
- **Dress in black when you are in a rush** OR Keep an emergency outfit inside your closet door. Or wear same outfit every day (Einstein, Steve Jobs, Mark Zuckerberg all do/did outfit repeats)
- Put things back where they belong (no temporary homes!)
- Design systems that work for you (coat rack by the door you use)
- Chunk out organization projects (think in steps ?)
- If you have the money, perhaps hire a professional organizer
- Don't over-shop for food that can go bad. **Put produce and cold cuts in the center of a shelf at face level.** Don't use drawers for perishables.

# Clutter is a Problem for Everyone

- If you have recurring clutter its playing a role for you. Why is the clutter helpful to me? Am I hanging onto items I use for motivation? Or am I worried about forgetting the past or forgetting people? Why might I want the clutter around me? Do I keep my house messy to avoid socializing/having people over? Try working with a therapist to better understand what role clutter is playing.
- Validation for the clutter struggle: We have never in history had so much STUFF
- Do bite-sized projects that can be started and finished.
- Does your STUFF work for you? If it feels like clutter you may be outgrowing it
- Use a 20 minute timer and see what you can get done to de-clutter a small area in 20 minutes.



# People with ADHD tend to do “one more thing” before leaving the house...

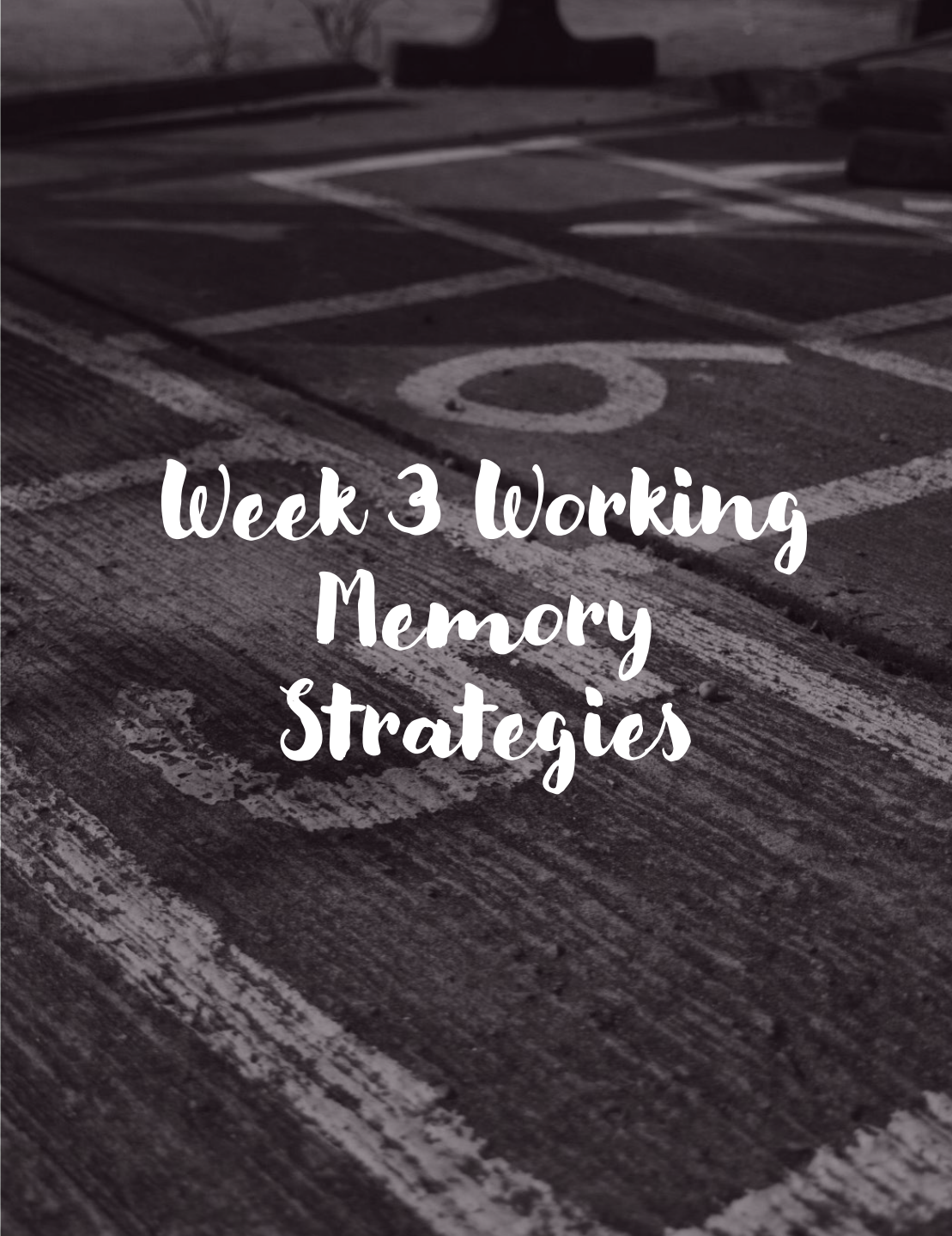
- Notice when you are in this behavior pattern, stop what you are doing, and leave the house.
- Leave early and experience what its like to have time for things to go wrong. Suddenly traffic or spilling coffee everywhere or something breaking is not as stressful. Notice that on normal days something can very likely go wrong.
- Ask roommate/partner/family to point out when you are doing “one last thing” before leaving. Ask for an accountability buddy.
- The ADHD brain often excels in crisis situations. And there's no question that waiting until the last minute *increases adrenaline* and keeps you motivated until the finish line. However, this is not a relaxing way to live your life. Experiment with breaking old patterns and establishing a *routine* for leaving. Example of Leaving Routine= Shoes, jacket/sweater, keys, phone, purse, lunch; let dog out, pet all the animals and check water, put meds in pocket w/ any meds due, any supplies needed for work or after work? (Would these look good on post-it note by the door?)

# Week 2 Organization and Planning Strategies

- If you have young children, use easy to reach bins to store toys
- Check your To-Do List during a mid-day break
- Set a bedtime alarm and go to bed on time
- Make sure you are using lists and learning to Triage (Today, This Week, This Month)
- **Use Routines** so some of your day is automatically easy (esp Wake Up, Leaving the House, and Bedtime)

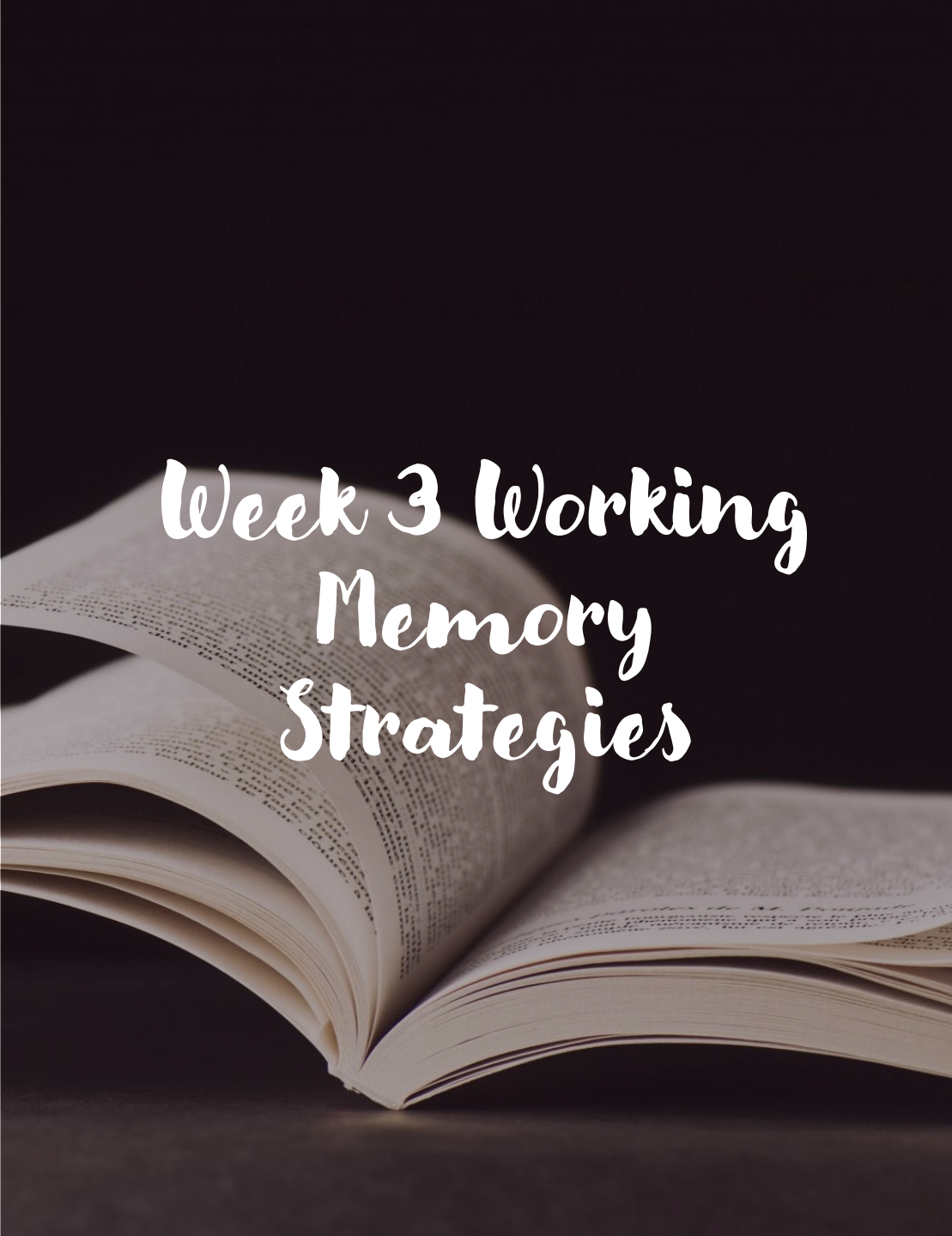






# Week 3 Working Memory Strategies

- Learn to **narrate what you are doing**
- When parking in a parking garage take a quick picture of the row and level where you park
- When you take the parking ticket with you use the same pocket you always use
- Say anything aloud that you need to remember (this helps the memory by increasing sensory input, ie hearing and seeing)
- Use mnemonic devices if you can't make a list
- A common sign that you have too much stress is Forgetfulness
- The 2 best ways to strengthen working memory are **SLEEP** and **EXERCISE**
- Avoid multi-tasking. This taxes your brain.
- Use positive self-talk even when you forget what you are doing
- Use mental visualization to reinforce your working memory
- Ask yourself "How did I get here?"
- Use humor when you notice your working memory has left the building. (This will be funny later...)

An open book is shown from a top-down perspective, with its pages slightly curved. The text is overlaid on the left side of the book. The background is dark, making the white text stand out.

## Week 3 Working Memory Strategies

- **Mindfulness.** (Be here now! Narrate the present!)
- Reduce Decision-Fatigue by having routines and formulas for meals and getting dressed and chores. (Steve Jobs-same outfit every day)
- To remember instructions, try **repeating the instructions aloud**, or create a story with the information.
- You may remember some information better by **making it into a song or a rhyme**
- You can practice remembering and strengthen memory by writing 6 unrelated words on paper and then developing a way to remember them



# See if you can remember...

## HOW CAN I BEST RECALL...

- CIAFBI (6 letters)
- CIAFBISATAMA (12 letters)
- Grocery List of 6 items
- Random List of items
- Recipe
- EGBDF (Treble Clef lines)

## TRY CHUNKING INTO LARGER PIECES INSTEAD OF INDIVIDUAL ITEMS:

- CIA FBI (2 memory slots)
- CIA FBI SAT AMA (4 memory slots)
- Make up an acronym
- Make a picture in your head
- Make a Picture or a Story in your head
- Every Good Boy Deserves Fudge or
- Empty Garbage Before Dad Flips (Acrostic Pneumonic)



# The Average Brain Capacity for Working Memory is 7 units.

## HOW MANY MEMORY SLOTS?

- XOXOLOLSYSLMAO
- 6, 41, 11, 25, 10, 4
- a Recipe
- Tree, Purse, Oxygen, Drink, running, Ant (6 unrelated words)
- 867-5309

## MAKE IT EASIER TO RECALL

- Make into 4 memory Slots
- Make into dates and add images so that its 3 memory slots
- Use images and comparisons
- Make a story or an image. See if you can recall the 6 items on the list.
- 1 Memory Slot. Why? (Song.)

# *Week 4 Task Initiation Strategies*





*Write the first 2 Sentences to start a story based on image below.*



**Other Suggestions to Start Working or Writing:**

- Define the Beginning, Middle and End
- Write the First 2 Sentences
- Brainstorm 10 words you want to include in your work
- Consider why you are being asked to do this task. Find meaning in completing it.


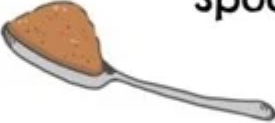


# Pick the best initiation strategy for you:

- **“Eat the Frog”**—do the hardest task first; (“If you must eat 2 frogs, eat the biggest one first”) -Mark Twain
- **“Climb the Ladder”**—do the easiest one first; and then the rest
- **“Dangle the Carrot”**—set up a reward for completion. (Pet snuggles after first piece of work! Snack after this chapter)
- **“Spoonful of Sugar”**- Make the task fun ie. playing music while doing dishes

## TASK INITIATION



*I can get myself started on a task, whether I'm interested or not.*

<b>Eat the Frog</b> Do the worst thing first!		<b>Spoonful of Sugar</b> Find a way to "sweeten the deal!"	
<b>Climb the Ladder</b> Start with simplest/easiest task. Work your way up to the most challenging.		<b>Dangle the Carrot</b> Reward yourself with something motivating when you get the task done.	



## Task Initiation Strategies

- **-Set a timer for 10 minutes** and start working for ten minutes. Use your adrenaline to see how much you can get done in 10 minutes. How did that feel? Could you do 15 minutes more? If so, that's 1 pomodoro! A timer can sometimes bust through your apprehension to start and harness some adrenaline.
- **-Talk yourself through the steps of a project.** Make a chart or an outline to start. Chunk the work into pieces.
- **-Exercise before** sitting down to work.
- **-Start with a category** if that feels more manageable. If you need to clean your office, start with cleaning just surfaces. Then just floor. Then dishes. Then folders. Then just papers etc
- -Address your **physical comforts.** Standing desk? Turn up AC?
- **-Address emotional barriers** to getting started. More on this later.
- **-Manage distractions** and use rewards for completing small chunks of work. (remember to use your distraction log)
- **Create artificial deadlines** for your chunks of work
- **-“Satisficing”** (Done is better than perfection. Sacrifice perfection to satisfy the requirement of completion of a task.)



# Emotional Barriers to Task Initiation

- “Its too hard”; “I want it to be perfect”; “It’s too big”; “I don’t care”; “It will take too long!” “ I don’t know what I’m supposed to do!”
- Consider what your emotional barriers may be and how you can provide yourself some help with the barrier. (Fear? Guilt? Dread? ) We can use negative emotions to fuel energy to complete tasks. “I don’t want to feel dread as the deadline looms.”
- Address physical barriers to work (comfort-too hot; too cold, too loud, not loud enough etc)
- If you have unrealistic expectations of yourself, consider *DONE is better than PERFECT* so let go of perfection. Make the task clearer by dividing it into smaller sections. Address why you don’t care and find a reason to care ie “(\_\_\_will be proud of me).” Try to tell a story about someone who successfully tackled the project. Apply those steps to yourself.
- Stop using inflexible language (“I have to do this”) and use self-responsible language (“I choose to do this”). You have agency! Use that narrative instead!

# Instant Gratification Vs Do What Makes Sense

*(Fun and Easy)*

- Don't let the "Instant Gratification Monkey" rule (Tim Urban TED Talk)
- Must rely on Deadlines if the Monkey is in charge  
(Deadline=Panic+Adrenaline)
- The "Instant Gratification Monkey's Dark Playground" is full of guilt, dread, and sense of doom.

*(Rational Decision Making)*

- Do what makes sense by making it as fun and easy as possible
- Create artificial deadlines where there are none
- Develop momentum with timers, breaks, project planning, strategy

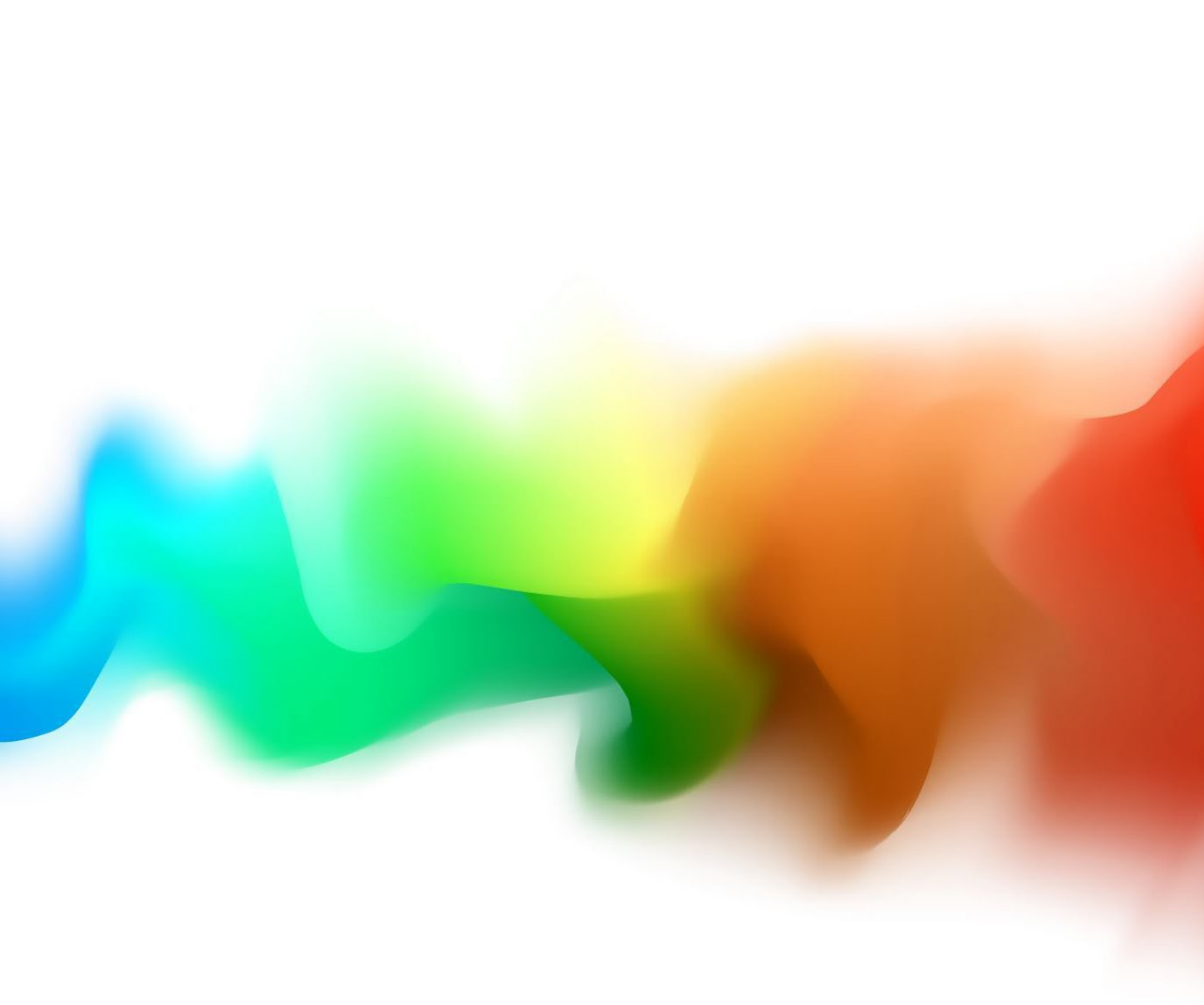


## Use the **ADHD Flow**...

*sidestep the rules and go for it...but **allow for back-tracking.***

- Sometimes it's difficult to get started with a task because there are too many and it becomes overwhelming. **ADHD Flow (This is a Rebecca term)** is letting your ADHD run wild for a little while. When you are doing a task and get distracted by another task, and then another task, let these natural transitions direct your efforts. After a period of time, perhaps an hour, be sure to reserve time to back track through all of the projects you began, and try to either tidy up or finish each one.
- **Example:** You start to vacuum the living room. You put away the Winter Boots by the door. When you go to the closet with the boots, You notice the plants need watering. As you are watering plants, you see dishes in the sink that need to go in the dishwasher, and as you load the dishwasher you notice the the kitchen floor is dirty. As you mop the floor, you see the dog's water bowl needs filling. After you fill the water bowl, start back tracking and finishing small details of each task that you may have missed. Did you close the closet? Did *all* the plants get watered? Did you *start* the dishwasher? Did you *put away* the mop? Finish each task! (**be sure to set aside time to back track.** Otherwise ADHD flow drives the people you live with a little nuts.)





# *Week 5 Emotion Regulation Strategies*

# Emotional Regulation



**Get to know your emotions.** Become comfortable identifying different feeling states.

**-Identify which emotions are toughest for you.** Some examples: Rage, Fear, Shame, Embarrassment, Confusion can often be challenging for many people. What are the times you tend to get wrapped up in emotion?

-Everyone has an Emotional Mind and Logical Mind. Try to think about having both minds active in a difficult situation. When they are combined, (when you use feelings and logic together) they are called **"Wise Mind."** (DBT concept)

-Using **reflective practices** (yoga, guided meditation etc) which may help you improve your emotional baseline and ability to calm and present

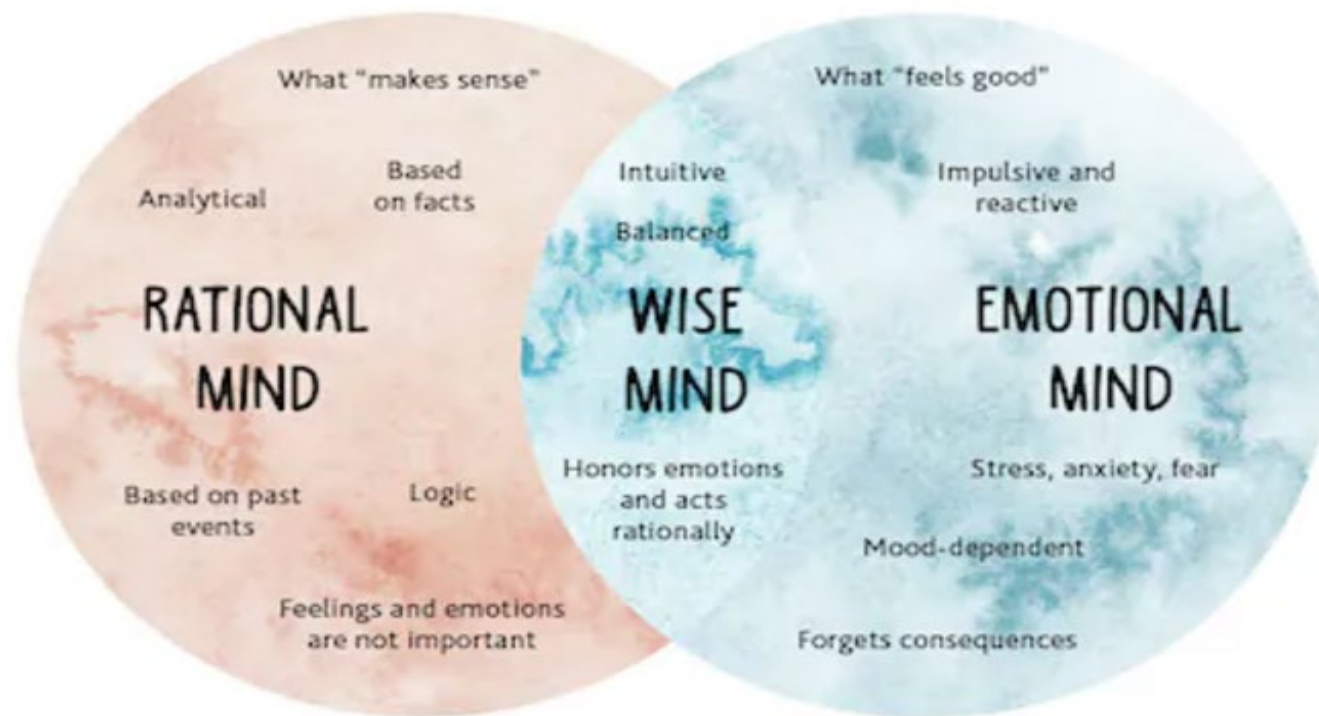
-Tell yourself **you can tolerate criticism, challenges, and negative feedback.** Learn to hear feedback. --Learn to take 3 deep breaths before responding if feeling triggered.

-Sometimes we spend more energy avoiding an emotion than figuring out how to handle an emotion. **Journaling** can help you understand your feelings more and then help you strategize ways to cope with the feelings.

**-Under anger is often fear or sadness.** Can you connect to those feelings instead?

# WISE MIND

THE MIDDLE GROUND BETWEEN REASON AND EMOTION



When you are in the **REASONABLE MIND**, you're ruled by facts and logic. You approach a situation and plan and make decisions based off fact. Values and feelings are secondary.

The **WISE MIND** refers to the wisdom within each of us. Being in this mind means finding the middle ground between reason and emotions and recognizing and respecting feelings.

The **EMOTION MIND** is when you are ruled by your emotions, moods and feelings and thoughts. There's a tendency to act impulsively, not thinking on consequences.



# Remember TIPP When Distressed

- **T Temperature**
- **I Intense Exercise**
- **P Paced Breathing/ ie Box breathing**
- **P Progressive Muscle Relaxation**

Reduce Intense Emotions Quickly so that you can proceed effectively.

- Cold Water will activate parasympathetic nervous system, slows heart rate. Dip face into bowl of ice water. Intense exercise is a release for extra energy that can come with feeling upset. After you stop the heart rate goes down. Paced Breathing moves our breath deeply into our lungs. Slowing breath will slow your heart rate and emotion intensity. Progressive Muscle Relaxation can deeply relax the mind and body by tensing and relaxing muscle groups. When finished with any of these you will feel more relaxed and more able to be effective in a difficult times.

# Emotion Regulation

## DBT skills

### Act Opposite

Emotions and behaviors go hand in hand. If you feel angry, you might raise your voice or argue. If you feel sad, you might withdraw from your friends. Actions and emotions are closely linked.

What many people don't know is that this connection goes both ways. Just as emotions lead to behaviors, *behaviors lead to emotions*.

This means doing the **opposite action** can change how you feel. If you typically raise your voice when you're angry, try talking quietly and politely. If you withdraw when you feel sad, make a point to visit a friend instead. It might feel forced at first, but acting opposite can shift your feelings in a more positive direction.

Emotion	Action	Opposite Action
Anger	Fight, yell, and argue	Talk quietly and behave politely
Sadness	Withdraw from friends	Call or visit a friend
Anxiety	Dwell on the anxiety-producing event	Do something unrelated that occupies your thoughts

### Check the Facts

Have you ever had a strong emotional reaction to something, then regretted it the next day? Oftentimes, the things that feel like a big deal in the moment turn out to be unimportant when we look back with a clear mind. Practice **checking the facts** to reduce the intensity of these extreme emotions.

Ask yourself the following questions when you notice a strong emotion brewing:

- 1 What event triggered my emotion?
- 2 What interpretations or assumptions am I making about the event?
- 3 Does the intensity of my emotion match the *facts* of the situation, or just my *assumptions*?

# COGNITIVE DISTORTION CARDS



**"SHOULD" AND "MUST" STATEMENTS**

This distortion is statements of what a person "should" do, "must" do, or even "shouldn't" do. The statements are enforced on themselves.

**PERSONALIZATION**

When engaging in this type of distortion, an individual will take things personally. This will cause a direct and personal reaction to everything others do or say even if it was unrelated to them.

**DISQUALIFYING THE POSITIVE**

This differs from Negative Mental Filtering in that this distortion acknowledges the positive experiences but refuses to accept it. Disqualifying the Positive is a complete rejection of positive experiences.

**MINIMIZATION**

Also known as a part of "catastrophizing," minimization is the opposite of magnification. This cognitive distortion consists of minimizing positive experiences.

**OVERTHINKING BIAS**

Thinking never solved a thing. But still, you are doing it feels productive. This distortion makes you believe — "If you think it enough times, it will go away". Worry can't reduce worry.

**WHAT CAUSES DISTORTED THINKING?**

Cognitive distortions are part of a system that is intertwined with thoughts, behaviors, and emotions. They do not have a single root cause. There are several factors such as genetics, environmental, and social factors that could influence negative thought patterns.

Self-blame for circumstances beyond your control could also occur as well as assuming you have been intentionally excluded or targeted.

The person will invalidate and ignore the positives while finding excuses to turn a negative one. This is done through self-blame.

Example: If you fear that you will fail the exam tomorrow, you might think it. You are overthinking.

There is little evidence to suggest that cognitive distortions are caused by depression or anxiety. However, it is known that cognitive distortions are more prevalent in those who suffer from depression, anxiety, or other severe mental illnesses.

**BIASED SOCIAL ATTENTION**

You nit-pick information that confirms your existing beliefs. If you believe yourself to be a certain way, you record social cues to support that.

**OVER GENERALIZING**

Overgeneralization thinking occurs when a person focuses on a single event that occurred and makes a conclusion based on this single piece of negative evidence.

**EMOTIONAL REASONING**

Whatever emotion a person is feeling during this thought distortion must be true in their mind. One's emotion is accepted as fact because all logical reasoning is blocked out.

**DISTORTION EXAMPLE**

**SHOULD AND MUST STATEMENTS**

Amanda believes that all taxi or Uber drivers should inherently know where they are going and while she's on a trip she gets angry if he or she makes a wrong turn or doesn't know how to reach her destination. In reality, not all drivers must know where they're going. It's impossible to know how to get to every destination.

For example: "You are a person who is always late. Now, you pay attention and conclude you are late. Ignore all the other information about you."

Since they reached this conclusion from the single event, they incorrectly conclude all future events going forward will result in the same negative experience.

They are incorrectly assuming that the negative feelings brought out by their emotion are true.

**MAGICAL THINKING**

Control is an illusion, but that doesn't stop us from thinking that we have it over anyone or anything else but ourselves. Often seen in people who struggle with obsessive compulsive disorder, this distortion makes us believe that our thoughts/actions can somehow influence events that are beyond our control.

**WHAT ARE COGNITIVE DISTORTIONS?**

They are irrational thought patterns that are exaggerated by negative thinking and feelings. They convince our minds that what we're thinking is true.

These automatically in our normal day-to-day thoughts, thus might be difficult to notice.

**FALLACY OF CHANGE**

There's the belief in this thought distortion that others should change to suit their own interests.

The person will pressure others to change because they feel the change will bring them happiness. They are convinced the happiness will be dependent on the person changing.

**ASSUMED SIMILARITY**

It is the false assumption that everyone has the same attitude and beliefs in life than me. "All people think like me? — if I don't like it then other people must think the same."

Example: If I give fake compliments to others like me, then other people must think the same to me. They don't mean the things they say to me.

**DIS**

We all can experience irrational thinking patterns in our day-to-day thoughts. However, if we especially struggle with stress or anxiety, these distorted thoughts feel real and it can be difficult to recognize that these thoughts are irrational.

Everyone experiences some form of cognitive distortion from time to time. The difference is some can recognize it more quickly than others. Some are irrational and can bring themselves back to reality.



# Practice Radical Acceptance

- This is the concept that when bad things happen to us we can choose to accept reality because in doing so we can inoculate ourselves to suffering. We accept actively with radical acceptance. It doesn't mean giving up or resignation. Radical acceptance means recognizing that we have the feelings we have, and we must also face and deal with the cards we were dealt. When we don't run away from reality we can be more effective and more able to manage stressors well. A benefit of radical acceptance is that within accepting what is, we can look for the things we can do, and let go of that which we cannot control. Notice, Allow in, and let be.
- By shutting out reality and fighting it, we suffer. Accepting brings peace.

# Week 6 Mental Flexibility Strategies

State the color of each word below.

**Blue**, Red, **Yellow**, **Green**, **Purple**, Orange

Light **Green**, **Magenta**, **Violet**, **Turquoise**





# Mental Flexibility Strategies

People who are emotionally flexible are better romantic partners and better equipped for family life and work success. **Learning to be collaborative and allowing for other ideas or options** can feel like a relief for some. It means asking for help or asking for ideas as well as learning to un-attach from your own views sometimes.

Learn to **say "I never thought of it that way!" Or "I'll have to think about that point of view!/that idea!"** Or Consider that your assumptions may be untrue. Question your own assumptions!

**Use Brainstorming** to solve problems. This can unlock other options that your brain wasn't considering. List ideas without judgement.

People with ADHD tend to be enthusiastic and creative. Use that **enthusiasm and creativity** to generate new ways to see a situation or a circumstance.

Nothing is a "catastrophe" so learn to think about problems as opportunities to use your flexible thinking. **Avoid black and white thinking!** Look for the grey!



# Name 3 Things You Can Do About It...

- 1) You are at the park and someone gets hurt and is bleeding.
- 2) You arrive at the airport and you have missed your flight.
- 3) Your friend is making your favorite dish but is missing a key ingredient.
- 4) Mid-day you notice your shoes feel painful and tight on your feet.
- 5) There's a storm and the power goes out
- 6) You and a friend have tix to the theatre. Your friend gets sick and can't go.
- 7) You stepped in gum.
- 8) You are taking a class and you don't know anyone.
- 9) Your neighbor has extra mulch and says come get it before the rain comes. You are busy all day...
- 10) You arrive at a restaurant to meet friends and it's too loud for you. You can't hear anyone.

# Week 7 Impulse Control Strategies



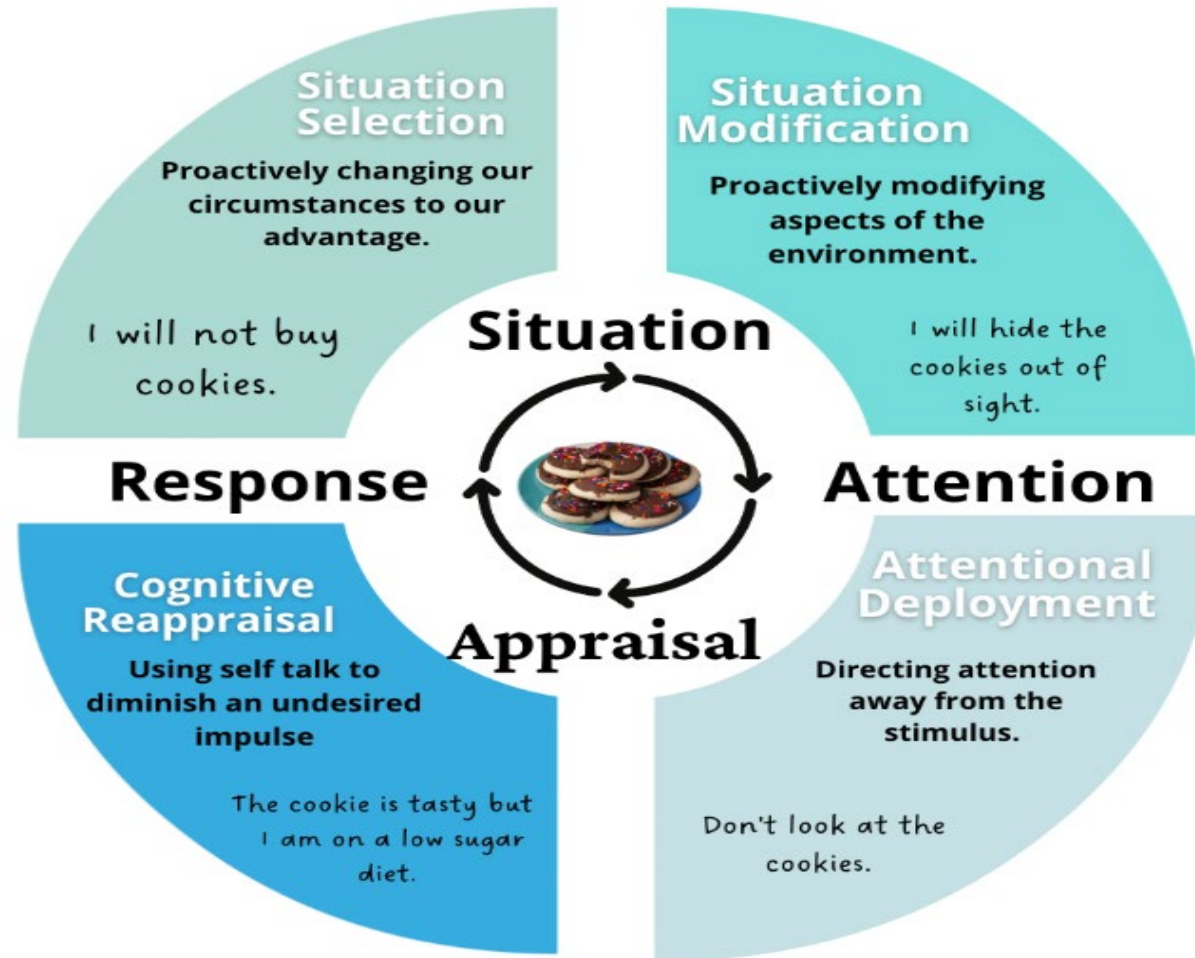
- Conversation is not a race
- Sending off impulsive emails can often lead to problems at work
- With each potential outcome consider consequences that may arise - "**Play The Tape Forward**" is another way to remind yourself to link behavior choices to outcomes
- \*Play the tape forward example: If you want to and have the impulse to eat more sweets after dinner, think about stepping on the scale the next morning.
- Choose *good* fidget toys (non primary focus)



# Impulse Control Strategies

- -**Delay Gratification.** Each time you delay gratification you are building up a muscle. This muscle allows you to build your confidence in your ability to make good choices.
- -Rather than blurting things out during conversation you can always send a thoughtful email after the fact.
- -When tempted to be impulsive with behavior that can lead to trouble, **picture some potential consequences.**
- Consider the **consequences** of gambling, drinking, using drugs, spending money, or making a joke at someone else's expense.
- -If you find yourself interrupting someone when they are speaking, apologize and ask them to finish their thought. *(Many people with ADHD have developed the habit of interrupting others when they are speaking or busy.) Grow this awareness so you can be a better conversationalist and people will be less frustrated with you.*
- -When unsure of an appropriate response to an opportunity to be impulsive, **consider what someone you admire would do** in your exact situation.
- “If I **prioritize the future** over right now, does this change my behavior choice?”

# Map Out Where To Intervene





# Impulse Control Opportunities!

## What do you do when...

- There's a giant bowl of M&M's on the table at a friend's house. You love M&M's.
- There's a box of puppies outside the grocery store with a homeless person. There's a sign that says "free puppies." You love puppies.
- There's a button on the wall that says "this button will activate emergency personnel." You feel like pressing it.
- You are at a work party with colleagues. Someone dares you to dance on a table. You love to dance.
- Your ex (who you never fully got over) calls and asks you to come over and it's late.
- **(How will you answer these if you *prioritize your future?*)**

# *We Made it to Week 8! WRAP UP!*

- What strategies are working for you?
- What are you still struggling with?
- What additional questions do you have about ADHD?



# The *Positives* of the ADHD Brain

- Enthusiasm
- Creativity
- Energy
- Hyper-focus
- Spontaneity
- Resilience
- Can embrace chaos and create order
- Can thrive with an imminent deadline



# Removing Barriers to Success

- ADHD affects these areas of executive functioning: **attention and concentration, organization and planning, working memory, task initiation, emotional control, mental flexibility, and impulse control**. If weaknesses in these areas are hurting your ability to function well at school or in your employment, you can request *Accommodations* from your Human Resources Dept, as long as you are willing to disclose to HR that you have a condition protected by the ADA (Americans with Disabilities Act) or ADHD. Employers are required to keep their employees' health information confidential. That means others on the team will not necessarily know the details behind an accommodation unless you inform your colleagues. An accommodation is a *change that removes a barrier to learning or getting work done*. First identify the barrier. Is it a loud room, written text, lack of structure, needing to stay seated, or something else?
- You will need a letter from your doctor or BH Provider to confirm your condition.
- Some accommodations that can be requested: (front row seating; first choice of classes during registration so the time of class works for you; headphones when needing to focus quietly (music with no words); Breaks to move around; ability to stand during work hours if sitting is difficult; Schedule changes that work best for you (early morning meetings could be scheduled in the afternoon instead?); fidget toys available at your work station; post it notes with your to-do list for the day within your work station; "walking meetings," flexible lighting options, flexible breaks, written agendas provided before meetings, recap emails after meetings, pictures or videos showing how to complete tasks, checklists and progress bars at your work station, written instructions with clear steps and expectations.



# Resources for help with Accommodations

- <https://www.understood.org/en/articles/faq-ada-at-work>
- <https://www.understood.org/en/articles/faq-ada-at-work>
- <https://www.understood.org/en/articles/reasonabl-e-workplace-accommodation-examples>
- Have questions about accommodations? Visit ADA.gov, or call the ADA information line at 1-800-514-0301 (voice) or 1-833-610-1264 (TTY).



## Podcasts:

Dr Nowell "Overview of ADHD".

Dr. Hallowell "The Bright Side of ADHD" and "Ned Hallowell's Step-by-Step Guide to Adult ADHD" and "ADHD Life Coaching with Dr. Ned Hallowell." Also "Dr. Ned Hallowell's Wonderful World of Different"

Tracy Otsuka "ADHD for Smart Ass Women"

Katy Webber "Women and ADHD"

CHADD "All Things ADHD"

The Kaleidoscope Society "ADHD Decoded"

David A Green "Overcoming Distractions"

Kate Moryoussef "The ADHD Women's Wellbeing Podcast"

Skye Rapson "The ADHD Skills Lab"

ADDitude "Strategies and Support for ADHD and LD"

Eric Tivers "ADHD Rewired"

Sara Snyder "Adulting with ADHD"

William Curb "Hacking Your ADHD"

Nikki Kinzer & Peter Wright "Taking Control; The ADHD Podcast"

Understood Podcast Network "ADHD Aha!"



## Playlists:

This is a **Spotify playlist** that originates from video games and kids tend to like for Focus/Thinking

[https://open.spotify.com/playlist/3tOCS8stne2kjTFOpbiJ5p?si=5idAPsb0RcGfAdAOzfrRUg&utm\\_source=copy-link](https://open.spotify.com/playlist/3tOCS8stne2kjTFOpbiJ5p?si=5idAPsb0RcGfAdAOzfrRUg&utm_source=copy-link)

### ADHD Hyperfixation Playlist

This is a massive list of music on **Youtube** for Hyperfixation created by a Spotify user with ADHD

(**Spotify** has many Playlists):

ADHD Focus Music 2024; ADHD Work Mode; ADHD Hyperfocus Stimulance; ADHD DEEP FOCUS; ADHD Background Music; Energizing Focus Mix; Work Flow; Brown Noise for Studying, Bilateral Stimulation Music; ADHD Sensory Calming

(**You Tube Music** has many ADHD Play lists): Use any ADHD search term above

## APPS

### WAKE UP

- [Wake N Shake](#) (iOS, \$0.99) You have to vigorously shake your iPhone to shut off the alarm.
- [I Can't Wake Up!](#) (Android, free) You have to do eight wake-up tasks before the alarm is silenced.
- [Clocky and Tocky](#) (\$39.99, \$49.99) These alarm clocks jump off your nightstand and roll around the room while playing your favorite MP3s.

### CALM DOWN, FALL ASLEEP, OR PAY ATTENTION

- [Relax Melodies](#) (iOS and Android) Creates a white noise ambience for falling asleep or meditation.
- [Sleep Deeply](#) (iOS and Android, \$6.99) A hypnotherapist puts you in a relaxed state.
- [White Noise](#) (iOS and Android, free lite version and \$1.99 full version) Features natural and man-made sounds.
- Calm app

### KEEP TRACK OF TIME

- [Watchminder](#) (iOS, \$1.99) Set alarms and get reminders to help you focus.
- [TimeTimer](#) (iOS, \$2.99 and Android, \$0.99) Displays the passage of time visually.
- [Pomodoro Timer Lite](#) (Android, free) Focus for 25 minutes, and the timer signals it's time for a break.
- [FocusTime](#) (iOS, \$4.99) Set work and break intervals.
- [Apple Watch](#) with [Calendar Reminders](#) highly recommended for wearable reminders

### FIND LOST ITEMS

- [Find My iPhone](#) (iOS, free)
- [Find My Phone](#) (Android, free)
- [Find One Find All](#) Attach a sensor to your keys or other items. Press a button and the item beeps.
- [Tile.com](#) Tile also uses Bluetooth and an App called Tiles. The tile can help you locate anything you attach a tile tracker to. (recommended for wallet, keys).



## SET REMINDERS

- [iCalendar](#) (iOS, free) and [Google Calendar](#) (Android, free) Both sync with cell phones, allowing you to schedule online, and to send reminders by e-mail or text.
- [Watchminder](#) (iOS, \$1.99) Organize schedules and manage time.
- **Echo Dot; Alexa, “Hey Siri” ...wake me up tomorrow at 7:00am**
  - ... Set Timer for 1 hour
  - ....Set Timer for 10 minutes
  - ...Add milk to my grocery list

## **BLOCK THE INTERNET (to eliminate distraction when reading/studying)**

- **Keep Focus** ([Android](#), free)
- [Freedom](#) ([iOS](#) and PC, free trial then \$2.42/month)
- [SelfControl](#) (Mac)
- **Forest** The "forest" Avoid getting distracted by phone/social media when I have work to get done. User sets a timer and plants a cute tree, during that time the apps on your phone are (sort of) blocked (you can add exclusions like Spotify for music). If you try to open social media for example it will ask you if you really want to and if you say yes the tree will die but if you manage to not use other apps the tree will grow and be added to your garden. You then earn coins to buy more kinds of tree/flowers which keeps it from getting too boring and gives something to work towards.

## **LISTEN TO PRINTED DOCUMENTS**

- [Voice Dream](#) ([iOS](#), \$19.99) Listen to PDF and Word documents, e-books, articles, and Web pages anywhere with this text-to-speech app.
- [Read&Write](#) ([iOS](#), [Android](#), free) Text-to-speech software similar to Voice Dream.

# Ongoing Support through Reliant Medical Group

- Monthly ADHD Support (“Alumni Group”) is available to those Group 7 Participants who want to continue to maintain some peer support for living with ADHD. This is a peer support group and intended to provide both support and positive conversation geared toward helping each group member to apply strategies they learned to their every day challenges.
- Please speak with Rebecca or send a mychart message to Rebecca (Steil-Lambert) if you would like to be included in the monthly Support Group. If you have 3 no-shows you will be removed from the invite list.

# Recommended Content by Group Members

- Shorts on YouTube regarding ADHD (time blindness etc)
- Binaural Beats "MindMend"
- Coldturkey (blocker app)
- Reclaim AI calendar app
- Rescue Time (how much time I spend on...FB etc)
- "How To ADHD" on You Tube
- The Anti-Planner (Lots of positive feedback on this!)

