



By Cynthia North, Certified ADHD Life Coach

Living life easier is good for all of us, ADHD-minded or not. You do not have to have Attention Deficit Hyperactivity Disorder (ADHD) to use what is shared here in the ADHD upLifted Series to improve your quality of life. Do you want to find ways to work with your brainpower? Then you are in the right place. The ADHD uPLifted Series is a monthly publication written by me, Coach Cindy to offer you tested ways to lift up your chin and find your strengths from within. Attention Deficit Hyperactivity Disorder is a different ability in mastering life. Whether you are diagnosed with ADHD, think you have ADHD, or just need ways to live easier than this is the place for you. Inside you will find inspiration packed full of helpful tools, tips, strategies, and fast facts to try out. I hope you find this information value-added.

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FAST FACT

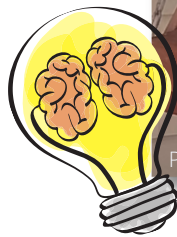
ADHD and Self-Esteem

ADHD is associated with lower self-esteem in adulthood. Self-esteem difficulties can be remedied, to at least some extent, by psychotherapeutic work.

(Dvorsky & Langberg, 2016)



Photo Courtesy of Cynthia North



About Coach Cindy

Thank you for joining me. My name is Cynthia North, but people know me as Cindy. I am a Certified ADHD Life Coach and a trained PQ Coach through Positive Intelligence[©] devoted to partnering with clients to create self-success within ADHD and living life. I work with all ages having a special interest in how the brain affects the outcome. I help ADHDer's move from crippled in doubt to capable with clarity. I have expanded to offer personalized Mental Fitness Coaching through Shirzad Chamine's Positive Intelligence Program. New possibilities bloom with deeper self-awareness and through the strength in your mental fitness. I have an innate desire to empower others no matter what difficulties they face with our without ADHD. Coach Cindy believes everyone is worthy of stepping forward out of stuck.

ADHD has touched me personally and professionally.

I know first-hand how ADHD symptoms and its' behavior can wreak havoc on family dynamics. I chose to become a trained ADHD and Positive Intelligence (PQ) Life Coach because I want others to discover the greatness within ADHD strengths while working with their executive functioning challenges through a positive mindset. I am where I am today because of my two dynamic ADHD children. They both teach me and open my mind to more each day. Their needs were beyond a hug, discipline, structure, or praise.

So I sought professional help, ultimately finding a trained ADHD Life Coach. And here I am.

Life experiences have made way for opportunity. I am on a journey to slay stigmas surrounding brain differences. Finding a Life Coach to empower my child led me to become a trained ADHD Life Coach myself to serve others past their stuck ways and ADHD stigmas. Choosing to strengthen your inner-self is where Empower Me starts. The work is an inside job where your "me" begins. Connecting your heart and brain with a Coach creates empowerment opportunities.

EmpowerM3 - is where the 3 connect to take flight.



There is a more extraordinary tomorrow when the discovery starts today.



Choosing Self In A Spinning World

By: Cynthia North, CALC

February 4, 2022

"Do to others as you would have them do to you." (Luke 6:31)

"If you don't have anything nice to say, don't say anything at all."

-Margaret Atwood



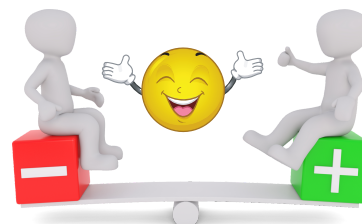
I was taught to share, do right, and be kind to others from a young age. The golden rules were a standard to live by. I even find myself repeating them to my children. These verses help me be the kind person I want to be for others. They give me restraint in our often rude world. But, as the life coaching process will do, I started to peel back the truths I live in these verses. I believe in these age-old rules passed down from generation to generation. But I'm not sure I follow them entirely, nor should I. But, differently, though then you might think.



I began to question how these ways to live by were applying to me.

How am I living them for myself? Truth: I am often my worst enemy.

I am a recovering negative self-talk addict and a professed people pleaser. There have been times when I fed on my negative energy and spun myself up so tight that my true essence was living, wrinkled and tattered. Always putting others ahead of myself nearly cost me everything important to me, my family, and my health. At the time, I believed I was working so hard for them. I let myself get to a point where I was resentful with nothing left to give. Maybe nothing left for them to want. I didn't get it. How could it all be on the brink of utter failure with so much effort spent? And there I was, sitting on the couch, asked one life-changing question. "What is it about making everyone else happy that you feel you are so responsible for?" The paradigm shift began. I had chosen to carry the burden of creating others' happiness, believing this effort would make my own. I thought I would find and feel my joy when they achieved theirs. On the contrary.



My doctor suggested I try yoga for my crippling headaches. Really!?! And a marriage counselor suggested I take a deeper look at myself instead of trying to fix my partner and children. He asked, "How are you desirable showing up like this? Are you? Do you believe in your value?" Well, gee, thanks! That session stung! Not exactly asked most compassionately, but it woke me up. I sensed the frustration felt towards me. These pointed questions were turning points for me.

That time of my life was messy but offered me a path forward to where I am now. No, I don't want that back, EVER, but I am forever thankful for where the challenges have taken me. Lemonade from lemons, right!?! I unknowingly grew a lemonade tree for years and acted out the well-known book by Shel Silverstein, *The Giving Tree*.



ADHD Survival Tip: Use a journal to track your thinking patterns. The act of physically writing your thoughts on paper is releasing.

Most important is what came of my spinning world? I needed to get off of that ride. I was challenged to discover my self-worth. Self-care with self-love became a priority, probably for the first time since I had been a "know-it-all" teenager. I'd read about it, of how it would make me a better Wife and Mom. Friends and family told me to take care of myself. How? At the time, I was like a turtle put on my back. I believed this had happened to me, not because of me. I didn't have time for self-care. I was all-consumed in a codependent relationship as a "caring" wife. How could that be wrong? I was raising two youngsters who were on fire with energy, worries, and sensitivities. I didn't know what they needed at the time. What did that even mean- self-care? Fast forward seven years, and I am here writing to the masses, hoping to spark a flame to light others' darkness. My husband and I devoted to each other with a tween and teen navigating diagnosed ADHD. I know now what I did not know then. I still have more to learn, and I am still learning. Thank goodness.

"We don't know what we don't know." So we learn. Often from mistakes. Mistakes are pointed out in abundance for children with ADHD. Dr. William Dodson estimates that those with ADHD receive 20,000 more negative messages by age 10 than they do positive messages (1). It doesn't end there. Unfortunately, adults with ADHD often live in fear and shame of their ADHD symptoms, trying to weave into the fabric of society. Barkley states that adults with ADHD are 30% more likely to have chronic employment issues, 60% more likely to be fired from a job, and three times more likely to impulsively quit a job (2).



ADHD symptoms left unchecked can create chaos with unmet potential. Inner-positivity can grow by knowing what is needed to meet the needs brought on with ADHD symptoms.

Self-care with self-love is catching fire. Big tech companies like Google and Microsoft embrace the culture of self-care and the need to safeguard mental health. In 2020, Google launched its' Immersive Space Series, a space for employees to restore their mental health. Trinidad, a project executive at Google's San Francisco office, shares, "The goal...remains the same; to provide a break from meetings and screens, to take a moment for yourself." (3) Some employers think outside the box to create value in perks, with many revolving around health and wellness. Apps like Headspace are booming, with over 2 million users per day. They have partnered with over 600 businesses to offer the app for free to their employees (4). App competitors include Calm and Insight Timer, with many more seeking to serve consumers. The yoga industry is worth 84 billion dollars worldwide, with over 300 million practicing yoga across the world (5). Meditation practices are taught to preschool-age children (6). There is a movement for self-care brewing.

Self-care can be a real struggle point for people with Attention Deficit Hyperactivity Disorder (ADHD). An ADHDer's self-love is challenged further, with the world shining a light on deficit and disorder. How is it possible to actualize self-worth carrying the feeling of less than? With or without ADHD, I want to shift us from seeing ourselves in deficit. The Life Coaching process brings clients to an awareness of "self" not previously seen or felt before.



"I hate to brush my teeth. To battle my lack of interest I have three different flavors of toothpaste, a few colored toothbrushes with different bristles, and an electric one. There is something about choosing the color for the day and switching up the flavor that helps me get it done. "



Strengths are realized and sometimes noticed for the first time even at age forty-eight. Clients activate the power of their minds used in ways that work for them. Turn the golden rules onto yourself. Do unto others, wait, what about do unto self. Would you say the same self-hate chatter going on inside your head to your best friend, your child, or even an enemy? "No, never!" we say. But I did it to myself without hesitation for years and sometimes still slip back into the old bad habit. It is my hidden destructor and tears me down. The worst of it is no one knows it but me because I do it silently.

Negative self-talk plays out like a movie script on repeat. Sometimes we don't even notice it's playing. We neglect our self-care, maybe skip a shower, or neglect our need for sleep and downtime. We lack the awareness of tearing ourselves down day after day. Perhaps like I had, you are doing this in sacrifice. Maybe you are living in a world of "should." "I should work the extra hours so I can be more successful." "I should have more wealth." "I should have a better job." "I should be a better Mom, Dad, Sibling, Student, or Friend." "I should take a shower." Okay, why?



Power of Automaticity

The human brain functions for survival. We do not choose to digest our food or control the beating of our heart with thinking power. Most of the time we don't even actively breathe by choice. The brain just does it for us.

The brain also has an amazing capacity for learning. Once we have learned something the action becomes muscle memory.



Do you remember riding a bike for the first time? You probably thought you would never stay upright. If you continued to try eventually you straddled two wheels and off you went without even thinking.

The brain desires automaticity. Our thinking patterns can do the same as riding a bike. They get stuck in automaticity. Building awareness around our inner voice is the first step in taking back our mental energy. Our brain seeks conditioned responses to conserve energy. Oddly this mental chatter can result in the very opposite.

Notice Your Words

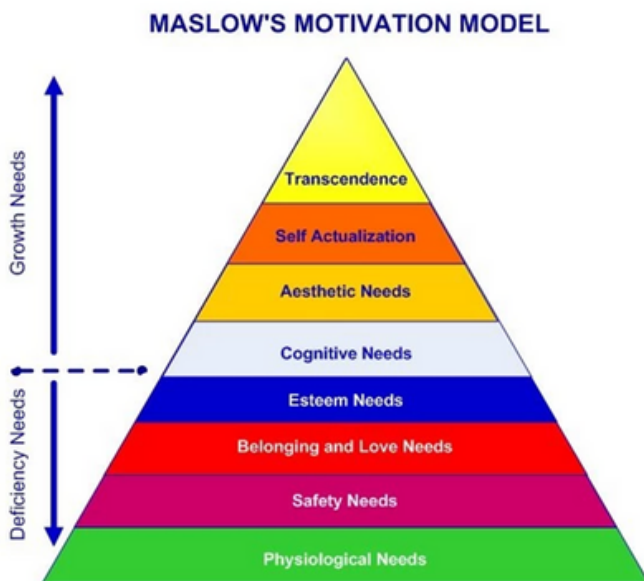
"I'm never able to do it right." "She always does better than me." "They must think I'm a freak." "He doesn't love me anymore."

Mark it. When you notice yourself saying words like never, always, must, and anymore question the truth in your thought. Get curious. Is that really true? Then release the negativity. Words have power. Use them for the energy you desire.



"The curious paradox is that when I accept myself just as I am, then I can change." -Carl Rogers

I have needs. You have needs. We all have basic needs. Maslow's Hierarchy of Needs expresses the pattern in which human motivations generally move through; "physiological," "safety," "belonging and love," "social needs" or "esteem," and "self-actualization." This means that for motivation to move to the next stage, each stage must be satisfied within the individual themselves (6).



(Wikipedia Contributors, 2022)

Self-love through self-care is critical in living a fulfilled life. Choosing self first can become a daily practice. Self-love does not need to result in egotism, arrogance, selfishness, or other societal stereotypes. Most of us are privileged to have a refrigerator and food pantry in modern-day society. Using your refrigerator as a metaphor, think of how you are stocking your fridge? Are you the taker or the giver of items? Some people

are takers. They don't think to replenish others or themselves. They are accustomed to opening the doors staring in, and grabbing what they want. Some people are givers. They are stocked and ready when the doors open. If you always give away your food without restocking it, you eventually don't have



What if your brain on fire was actually a torch lighting the way of your genius? How are you carrying your inner fire?



An empty lantern provides no light. Self-care is the fuel that allows your light to shine brightly. -unknown

anything left. If you are someone taking without replenishing, the fridge will also eventually go empty. Both givers and takers are left without their needs met. How then can both mindsets become givers and takers? With self-care. Society is slowly accepting that we have to do a better job at taking care of ourselves first, so there is an abundance to give. By taking ownership of ourselves we don't have to resort to being only a taker or giver. Don't wait for your fridge to go empty. If you have flown in an airplane, you know the emergency drill. Don't wait for your plane to go down before putting on your oxygen mask. The same holds true.

What shifts will you create in your life to take better care of "you?"

You are important, first.

Cupid is well-known to mark the hallmark day of love each year on February 14th. Love it or hate it. I propose we honor ourselves on February 13th-the day of Self-love. Could it be no coincidence that this honorable day falls just the day before expressing love to all others? Even the calendar has marked self-love before love for others. How are you living in this way? What are we expecting to pour from if we do not love ourselves by caring for our needs? I'm known to say, "I need that like I need another hole in my bucket." But, ping, there's another hole. Yep, I recently caved in, adopting a new dog to offer emotional support for my daughter. I have zero regrets witnessing their bond, but it is a whole new family dynamic of chaos to adjust to. A puppy was not a hole I needed in my bucket, but one I am managing. Self-sabotage is a human condition. We all experience self-sabotage to some degree and in differing ways. My self-love grew from an extremely challenging time in my life. I could have crumbled. Sometimes I wanted to. I didn't have active boundaries, and my mental flesh was like a bruised strawberry. Now, I am bravely sharing my story

“Self-care is how you take your power back.”

— Lalah Delia

in hopes, it may empower others. Through Life Coaching I hope to help others find their self-worth through self-care and self-love. It is a life-long practice to choose self.

How can we regain control of our mental chatter and take action with our needs at the forefront? Many of my clients have ADHD. Self-love and compassion for self is often a layer we peel back. It can feel like ripping off an old bandaid. However, strengthening your self-command muscle is possible when practiced. Loving yourself doesn't have to be all mushy gushy. It doesn't mean you are better or above others. Wilrieke Sophia expresses self-love well,



"Real self-love means loving and accepting yourself completely and unconditionally for all that you are. Including your flaws and imperfections. It means embracing your shadow side for it teaches you about life. It means being the real you without putting your ego up front. Your ego consists of the masks and patterns you've created throughout your life. But your ego is not who you really are. Your ego is like a character in a play that you wrote. But you are the director. You can gently ask the ego to step away from the stage so you can show your real you to yourself - and the audience."

-Wilrieke Sophia, Intimacy Coach (7)

We live in a world focused on deficit. We are well aware of our weaknesses. They are the first to be pointed out. Deficit aside, we have many great strengths. My February coach's challenge is for you to find ways to plug up the holes that are draining your self-worth bucket. Write down three actions that create joy in your

life. Do you enjoy reading or listening to music? Not all holes are created equal. Some are more complicated to plug up and require more than we have on hand. Don't let fear or self-doubt be a reason to stop loving yourself. How can we fill up our "life bucket" in meaningful ways so we have something inside to pour out? February's issue is sprinkled with tips, strategies, tools, and real-life stories to keep "self" front of mind. I hope you find them helpful.

I end each coaching session highlighting the "Take-Away" from our time together. Therefore, I leave you with,

"Do unto yourself what you would want others to do unto you." You are important. You do your "self," and others will benefit from your wholeness. Self-care grows self-love which in turn builds self-worth. You are more than worthy. Brain differences or mistakes do not define you. You get to define yourself in how you live your life. You will center yourself in our spinning world by living for yourself first.

 Cindy

TAKE SELF-COMMAND

ADHD is a lifelong condition and requires awareness. How can you forgive yourself when your symptoms get in the way? How can you be patient when the results are not coming as fast as you want? Practicing mindfulness to get a handle on your self-talk improves self-confidence, relationships and offers space to move towards your needs and wants.

EmpowerM3 is launching a *new opportunity*, "**The Saboteur Shifter's" Mastermind Group**, to collectively shift from the Saboteur mindset using the mental fitness program, Positive Intelligence© (PQ). Through the work of a mastermind group, you will share insights and growth through the compassionate support of Coach Cindy. The work of Shirzad Chamine offered in the 6-week long Mental Fitness program strengthens the ability to self-command your mind and body. You can have control, quality living, ease, and flow in your day.



Can't wait for details to drop? Be the first to secure your spot.

Text [Mastermind] to Coach Cindy at (859)455-6156.

“Self-care is giving the world the best of you,
instead of what’s left of you.”

Katie Reed

Three ways to plug up what is draining you.



1. Learn to say "No." Saying yes to everything is a choice to say no to something else.
2. Follow a realistic routine. What will you actually be able to accomplish now, today, or tomorrow? Write it down.
3. Step forward now with one action, motivation comes after action.



Know your Love Language

The Five Love Languages written by Gary Chapman has become a well-known assessment despite the lack of research to back its efficacy. Regardless, understanding how you receive or feel love versus how you express love can play a key role in the satisfaction you feel in your relationships.

[Click Here to take your Assessment Today.](#)

Three Ways to Fill Yourself Up With Joy



Create happiness. Stop waiting to be happy or for someone else to make you feel happy. Find what makes you instantly smile. Plan your happiness.



Worry less. Worry is a thought pattern creating self-sabotage.



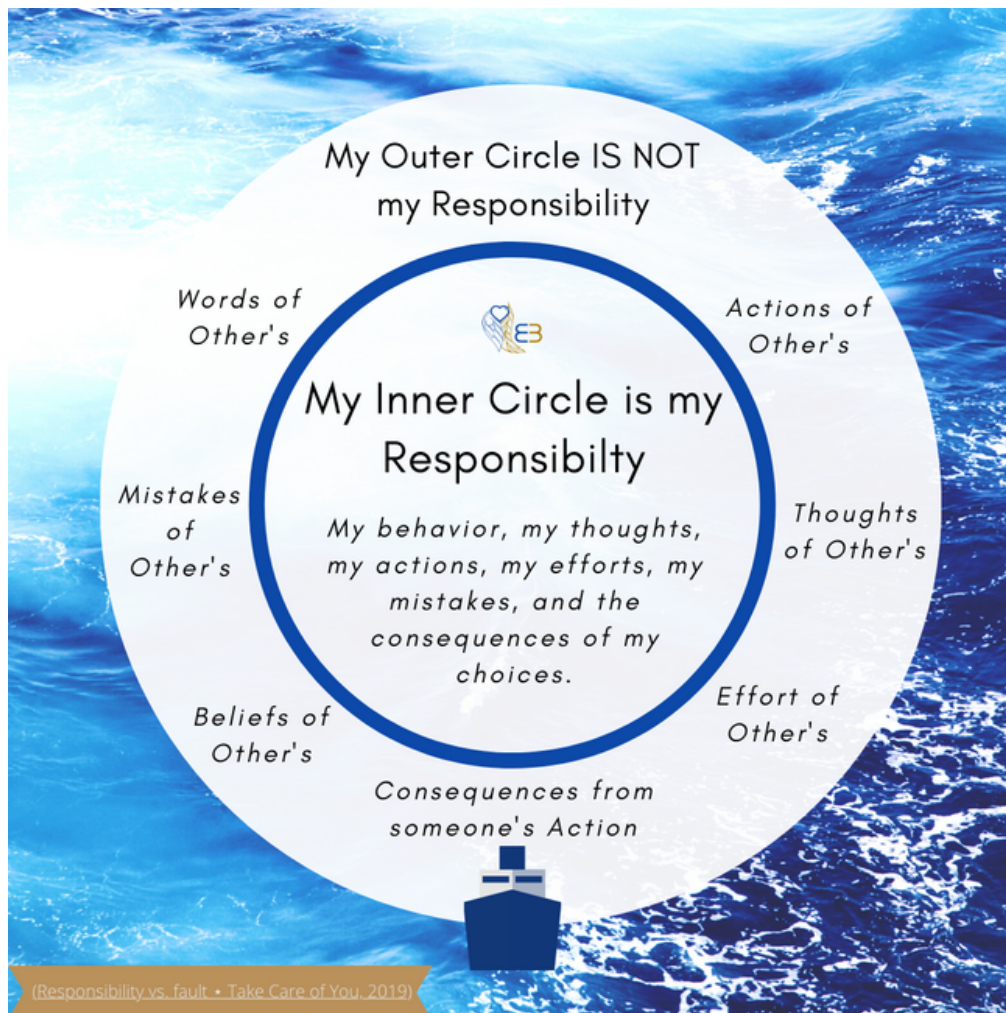
Laugh out loud. Try it- Laughing tricks the brain into feeling laughter. Laughter brings much needed oxygen.



The greatest weapon against stress is our ability to choose one thought over another.

-William James

Define Your Self-Responsibility



Having a strong awareness of your roles and responsibilities is critical to freeing up your mental energy. You can shift away from playing the blame game, hyper-focused only on what is happening to you by taking responsibility for your own behavior, thoughts, actions, efforts, mistakes, and consequences. You are your responsibility, not someone else's. And someone else is not in your control. You cannot control the tide or the waves, but you can become the captain of your boat.

The act of Selfness combines focus on the state, condition, and quality of oneself. Attention to self is most deserving. CN

Self-care Allows Us to Bring Our A-Game

A client recently shared how life seemed unsteady despite what had been achieved. After several years of dedication, she had finally been awarded the promotion she wanted. Now with an over-flowing plate, she was feeling greater over-whelm, sleeping less, and gaining weight. Her mindset wasn't where she wanted it and more of her ADHD symptoms were cropping up. Through deeper thinking and returning to daily journaling she was able to regain her focus on what guides her; faith, family, and health. Her tools to cope with her ADHD were within her choices in self-care. 1 30-minute session shifted her focus.

6 Areas of Self-Care



@bestselfco



Self-Care is time you dedicate to yourself; with the intention of boosting and nourishing your mental, emotional and physical health.

"Go tell yourself a truth. Your saboteurs are telling you are lies." C. North



Define Yourself by Your Strengths Knowing Your Differences

Do you know what you are not good at? I bet you can make a list long list of what you can't do or have been told you are not good at or should try harder at than you can a list of strengths. I recently asked a client to do this very exercise. He couldn't believe how easy it was to rattle off more than ten without much thought and then was stuck naming three strengths. Shine a spotlight here on your strengths. What gifts do you have being ADHD-minded? ADHD is a lifelong ebb and flow of symptoms you will live with. As you define your symptoms you are able to shore them up with strategies. Our world spins with the advent of greater technologies and ways to simplify tasks. Allow yourself to know what your struggles are so you can use self-care to ease them. You are not personally flawed. You think and process the world differently. This is OKAY!



Your Lemonade Stand

Take a stand. It's time to make lemonade. Play around with these tips. Try them on to see what fits best. Living with ADHD and finding solutions is like turning lemons into lemonade. A tip or trick may work

for this situation and not for another. Squeezing lemons can grow tiring but when the juice is sweetened and stirred it sure is refreshing. As you step forward, charged and ready to take back your self-care to build your self-love and feeling of self-worth say to yourself, "It is time to pick the lemons from my tree and refresh me with sweetness?" Life is not full of lemons. Lemons offer opportunities for something even greater. It's what you do with them that makes them of value. You are worthy. Happiness with ease and flow.

*"Strive for progress, not perfection."
- Unknown*

Daylio

Self-Care Bullet Diary & Goals
Relaxio s.r.o.

- o #119 in Lifestyle
- o 4.8 • 31.3K Ratings
- o Free/ Premium \$23.99/yr

Daylio is a Self-Care Bullet Journal with Goals, Mood Diary & Happiness Tracker. Keep a diary and capture your day without writing down a single word!

(Daylio, 2020)



"Daylio easily tracks how I'm feeling and helps me keep my goals in the forefront without having to remember them on my own. I have been able to trend how sleep affects my mood and frequency of headaches. It has become a family affair with my kids now using it to help them see their own trends." CC



DID YOU KNOW- MENTAL EXERCISE

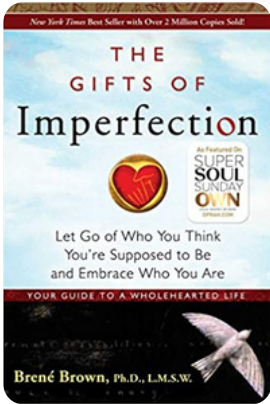


Mental fitness is as important as physical exercise, but many of us don't realize it. Yoga is a form of both mental and physical exercise. Harvard Health states, "Yoga strengthens parts of the brain that play a key role in memory, attention, awareness, thought, and language. Think of it as weightlifting for the brain." Yoga can affect mood by elevating levels of a brain chemical called gamma-aminobutyric acid (GABA), which is associated with better mood and decreased anxiety.

One of the greatest mental fitness building exercises is to recognize what triggers your negative thinking. There will always be things that people do or say that will tip you either hot or cold. Notice these things so you can set strong boundaries in protecting yourself from going into an automatic response.

(Yoga for better mental health - Harvard Health, 2021)

READERS *Corner*



The Gifts of Imperfection: Let Go of Who You Think You're Supposed to Be and Embrace Who You Are Paperback – August 27, 2010
by Brené Brown (Author)
4.7 out of 5 stars 25,713 ratings
Book 1 of 1: The Gifts of Imperfection



A motivational and inspiring guide to wholehearted living, rather than just the average self-help book, with this groundbreaking work Brené Brown, Ph.D., bolsters the self-esteem and personal development process through her characteristic heartfelt, honest storytelling. With original research and plenty of encouragement, she explores the psychology of releasing our definitions of an “imperfect” life and embracing living authentically. Brown’s “ten guideposts” are benchmarks for authenticity that can help anyone establish a practice for a life of honest beauty—a perfectly imperfect life.

(The Gifts of Imperfection: Let Go of Who You Think You’re Supposed to Be and Embrace Who You Are: Brené Brown: 9781592858491: Amazon.com: Books, 2022)

"When we don't claim shame, shame will claim us. Perfectionism is not about healthy achievement and operating at our best. Perfectionism has been a sword, not a thorn, in my side for most of my life. Brené's idea of healthy striving has been transformational for me." CC



6. LISTENING TO NOW



Give Yourself Some Slack:
Perfectly Imperfect
Runtime: 20 minutes (start 2:08)

"Tieing self-worth to my output really opened my eyes to how perfectionism has been my sword. Great listen!" CC.



In this episode, we're going to be exploring the idea of how perfection acts as a coping mechanism - and why that's not a great thing. We'll also be looking at some of the different types of perfectionism and then we'll be exploring some of the ways that we can start to work on conquering our own perfectionism. (Slack:, 2020)

HEALTHY SNACK

Dee's Dark Chocolate Granola

Ingredients

- cooking spray
- 1/2 cup brown sugar
- 2 tablespoons peanut butter
- 2 tablespoons honey
- 2 tablespoons butter-flavored spread (such as I Can't Believe It's Not Butter!® Spread)
- 1 teaspoon vanilla extract
- 2 cups oats (such as Quaker Oats®)
- 1 teaspoon ground cinnamon
- 1/4 teaspoon salt
- 1/4 cup dark chocolate chips
- 1/4 cup sweetened dried cranberries (such as Craisins®) (Optional)
- 1/4 cup sliced almonds (Optional)



Learn how to make it in 30 minutes at [AllRecipes.com](https://www.allrecipes.com)

(CusineLover, 2020)

CHOCOLATE CHIA SHAKE FOR KIDS AND ADULTS ALIKE | HEALTHY CHIA SMOOTHIE

Ingredients:

- 500ml / 2 cups milk
- 100g / 1/2 cup greek yogurt
- 1 banana
- 1 tbsp unsweetened cocoa powder
- 1 tbsp chia seeds
- 1 tsp honey
- 1/2 tsp vanilla extract

Blend it up for a delicious and healthy smoothie or shake, packed full of nutritious ingredients and energy with boosting chia seeds. This makes a really great snack or a brilliant addition to breakfast for kids and adults alike!

(Fussy, 2016)

Resources**Fast Fact**

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SELF-ASSESSMENT

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IMAGES

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My Notes



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