



ADHD uPLifted SUMMERTIME

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 newsletter written by me to offer you tested ways to lift up your chin and find your strengths. Attention Deficit Hyperactivity Disorder is a different ability in mastering life. Whether you are diagnosed with ADHD or you think you have ADHD this is the place to find helpful tools, tips, strategies, and fast facts. I hope you find this information value-added.

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By: Ari Tuckman



1. FAST FACT ADHD AND HABITS

The ADHD brain often thrives with routine because routines are predictable.

Habits in 66 days

A study reported it takes 66 days on average to form a habit with a range of 18-254 days.

"If you are finding that it has been a few weeks and it is still extremely hard to create a habit, it is not because you have no will—it is because the habit has not had enough time to become ingrained in your brain yet." (How Long Does it Take for Something to Become a Habit?, 2014)

2.

"Time management can be like trying to catch a feather in midair when you have ADHD."

-C. North

Kick-Off Summer With Time in Mind

By Cynthia North, CALC



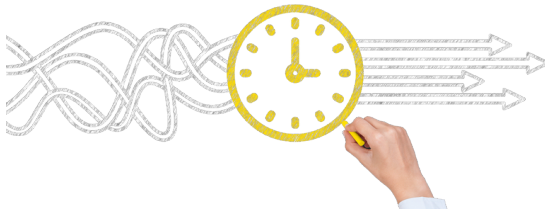
How can we grasp something as elusive as time? "Time is ticking," a famous old saying meant to spur you on. "Time to go" is said daily in nearly every home across the globe, indicating the next move. Time to get started. "Time" to...What? What do you need from "time?" What do you need "time" for? How can you become like your own snake tamer with skills and tricks to tame time?

Time is an area that people can get lost in, late for, or miss altogether. In the United States, June marks a seasonal transition into summer. The days are longer, and temperatures rise, pools open, children are out of school, people take vacations, kids go to camps, summer activities, and more. Summertime sounds like fun for sure. Right? Not necessarily. For kids, suddenly, you have "free time." Summer can be a season to recharge or to lose momentum. There is a new monkey wrench in the box for many parents to juggle- their kids are home. There are more sunshine hours available for working adults to fit in more to-dos now with less energy. All of a sudden, summer is not sounding as bright. But, before things get out of hand, let us use this change of season to get a handle on "time."

In one quick second, we are going to embark on a journey. Before we start, ask yourself, "How am I using time to provide flow in my day?" Give yourself a few moments to think about this simple question.

Time. Can you see it? Can you feel it? Is the day moving as you go from one task to another? Or is time something like taming a snake? Are you sure it is going to bite you? The concept of time can be tough to grasp for individuals with ADHD or executive functioning weaknesses-even for high-achievers- "get-er-doners" the concept of time can elude them. In following this idea of seeing time, let us start with a short journey. Visualize you are standing on a bank next to a running body of water. Dive in with me.

Together we just jumped into the body of water called "Time." The water is calm. You can feel a pull around you as the water's current begins to move you downstream. The current is gentle, allowing you to float. You float past smaller outlets with sandy beaches. You are feeling bliss. As we float further downstream, there are boulders, floating debris with steeper side banks. The time current keeps you moving forward. The current becomes swift, and the water is rushing faster. You grow tired now, having to swim around the rocks against the current. You have lost all control. You lay to your back, allowing the water to move you further downstream with your eyes on the sky, hoping you will make it through this.



Managing Time

Together we just jumped into the body of water called "Time." The water is calm. You can feel a pull around you as the water's current begins to move you downstream. The current is gentle, allowing you to float. As we float further downstream, there are boulders, floating debris with steeper side banks. You float past smaller outlets with sandy beaches. You are feeling bliss. The time-current keeps you moving forward. The current becomes swift, and the water is rushing faster. You grow tired now, having to swim around the rocks. You have lost all control. You lay to your back, allowing the water to move you further downstream with your eyes on the sky, hoping you will make it through this.

When we jumped in the river, we did not stop for a second to plan or prepare for safe travel? Did we have what we needed to make it downriver? Were we equipped with a life raft or a map of where the rapids were? Did we take time to think ahead, or did we assume we would have what we needed? Time requires planning and foresight- two executive functioning areas often weakened for those with ADHD. Time is always ticking. Let us get our hands-on how to use the clock by exploring the meaning behind the "Time River" a little deeper.



The Time River visualization depicts the flow of time. From the moment of birth, time has started and ticks on until death. The time associated with birth until death is a concept most of us find uncomfortable, but one we probably don't give much appreciation to. Likely, because the length of our life is not necessarily in our control, choosing how we use our "lifetime" is up to us. Bad things indeed happen to good people, often unexplained. Living in fear of death is for another blog, so let me stay focused and dive into choosing "time" for today. Time is the current that moves you from waking up in the morning to getting your next task completed—one foot in front of the other, whether you notice time or not. The sun rises and sets each day. Here are a few tactics that may help in choosing control of your life "time."



1. **Structure Your Time-** Structure is the foundation in maintaining harmony in your days. The structure you form is in identifying your routines, habits, and schedules. The structure you create in your day is like the riverbanks in our Time River visualization.

2. **Externalize Your Schedule into Time Blocks-** What will your day look like? A schedule can be done for children, adults, and families and will likely be different for each. Plan your daily schedule before you open your calendar. Start with these key questions.

- What time will you wake up? What makes it important to wake up at this time? I wake up early to utilize the quiet of my house.
- What will you do when you wake up? Are you a slow starter or first out of the gate? Do you need time to move slowly from one morning habit to the next, or do you grab a coffee and run. I tend to start slow with coffee and meditative yoga. When I was in high school, I knew down to the minute what time I had to leave to speedwalk into school. I slept every extra second I could.
- What time blocks do you have in your day during your productive energy time? Are you a morning bird or a night owl or a split-day person? When do you typically get the best from yourself? My most productive time is in the morning when my brain is fully rested.
- When will you wind down? This means, when is your work over? Is work over when it is done or is work over at 5 o'clock? Do you tend to bring work home, or are you able to leave it at the office? For those of us working from home, how are you transitioning from work mode to home mode when work is readily accessible to be done at anytime? Boundaries are at play here when looking at winding down. This is a self-care choice and requires awareness and attention. This can also be when you are available to your family, partner, or pets. Winding down in your day can look like... a Netflix binge, an evening walk, your nose in a book, a hot bath, snuggling. Also, recognize that the flow of your day may not follow the morning start. You may find your energy amping up at the end of the day. The key is to know your **productive energy time** and use it. You may wind down during the morning hours and turn on at night.

These are essential questions to consider because they are the foundation of how the rest of your day flows. This is the current you are setting. Blocking your schedule is a tool to assist in structuring your time. Externalize everything you are "planning" to do. This includes your self-care habits as well. Externalizing what you plan to do helps get the plans out of your head. With a schedule, you now know what will fit into your calendar.



3. Externalize Your Calendar- Technology has made it increasingly easier to calendar yourself. If you plan to use an app, first ask yourself what problem this app can solve for me. Using apps is a fantastic solution if it is not stealing time from your day. Look for an app that works for you. There are multiple apps available to suit your needs. I like google calendar because it easily syncs to my daily structure and works with my calendar platform. Think integration here and flow. Entirely relying on your phone to tell you where to be and what to do may be risky. What if you lose your phone, or you have a software glitch? Do not let using an application become a boulder. Consider using multiple external calendars, both through technology alerts and written calendar forms. Having this information in two places may seem redundant, but it also creates a stronger awareness of what you plan to do.



4. Manage To-Do Lists- The first step to getting anything done is to acknowledge it needs to be done. Aha, the to-do list is born. Sometimes to-do's can become endless with little accomplishment. Yes, you know you "should" get this or that done but do you? Manage a to-do list by taking the task or job to your calendar—plug to-dos into time spots. Plugging in to-dos will help you make progress towards getting to-dos done.



5. Manage Pop-Up Boulders- Life happens and often with situations we are not prepared for. You can prepare for "boulders" by buffering your time. Visualize a flour sack. How full can you fill it to the brim without all the flour puffing out when you go to close it? Time is the same- you only have so much at your disposal. Learning to guard your time is essential. How much can you "realistically" fit in your day? Having a buffer zone of 10 minutes here and there affords you time to deal with the boulders that pop up. Start with identifying the things that steal your time? These *time thieves* can be interruptions, added workloads, leftover to-dos from days past, distractions like emails and social media alerts. You may not be able to plan for every boulder that comes your way, but if you give yourself a

buffer zone, you are more likely to maintain the structure of your day and accomplish what you have scheduled. A buffer provides flexibility. If you find you have scheduled yourself down to the minute, take a deeper look at your priorities and what tasks you can delegate.

Time is a precious commodity. How often do you wish the day away or push off believing you can do "that" later? When does later actually happen? "Time is free, but it's priceless. You can't own it, but you can use it. You can't keep it, but you can spend it. Once you've lost it, you can never get it back." – Harvey MacKay (A quote by Harvey MacKay, 2021). MacKay's quote puts the concept of time into perspective.



Summer is a perfect season to regain control of your time. Play around with the strategies above to keep yourself in calm water towards smooth sailing. Diving into how you value time can aid in the transition from school to summer break or from work to vacation. Now is the time to structure your life the way living fits for you.

Resources:

A quote by Harvey MacKay. (2021). Goodreads.com. <https://www.goodreads.com/quotes/79511-time-is-free-but-it-s-priceless-you-cant-own-it>

People often say that motivation doesn't last. Well, neither does bathing – that's why we recommend it daily.

-Zig Ziglar

3.

Tally: The Anything Tracker

ADHD uPLifted App of the Month

3.6K Ratings 4.5 Ages 4+

Free Version or One-Time Upgrade \$3.99

Know what you are spending your time on. Whether you're trying to track how many times you ate vegetables this week, how many cups of coffee you drank, or whether or not you took your vitamins today, TALLY can help you get where you want to go.

With its simple and encouraging interface, logging activity is a delight. Each TALLY box will tell you the current tracker count and how long it's been since you last logged activity.

Some uses for TALLY:

- Tracking habits
- Tracking medications / vitamins
- Daily planner / to-do list
- Tracking daily/weekly/monthly spending
- Budgeting or saving money
- Pain journal
- Symptom tracking
- Mood tracking
- Finding patterns in your life

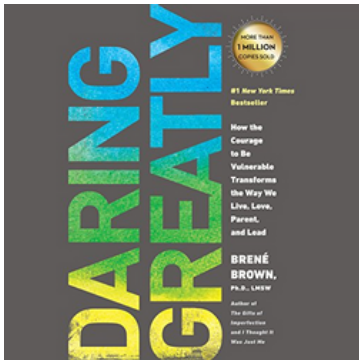


“The way to get started is to quit talking and begin doing.”

— Walt Disney

4. READERS

Corner



Daring Greatly

Navigating the Storms of Adult ADHD

By: Brené Brown

Narrated by: Brené Brown

Length: 6 hrs and 30 mins

Release date: 06/26/2018

4.7 out of 5 stars (5,264 ratings)



"I recently finished the hardback version of this book. I found her parenting chapter to be very inspiring. Brené reaffirmed my thoughts of practice what you preach." C. North

Brown explains how vulnerability is both the core of difficult emotions like fear, grief, and disappointment, and the birthplace of love, belonging, joy, empathy, innovation, and creativity. She writes: "When we shut ourselves off from vulnerability, we distance ourselves from the experiences that bring purpose and meaning to our lives."

Daring Greatly is not about winning or losing. It's about courage. In a world where "never enough" dominates and feeling afraid has become second nature, vulnerability is subversive. Uncomfortable. It's even a little dangerous at times. And, without question, putting ourselves out there means there's a far greater risk of getting criticized or feeling hurt. But when we step back and examine our lives, we will find that nothing is as uncomfortable, dangerous, and hurtful as standing on the outside of our lives looking in and wondering what it would be like if we had the courage to step into the arena - whether it's a new relationship, an important meeting, the creative process, or a difficult family conversation. Daring Greatly is a practice and a powerful new vision for letting ourselves be seen.

(Amazon.com: Daring Greatly: How the Courage to Be Vulnerable Transforms the Way We Live, Love, Parent, and Lead (Audible Audio Edition): Brené Brown, Brené Brown, Penguin Audio: Audible Audiobooks, 2021)

5. LISTENING TO NOW



The Science of Time Management

Ari Tuckman, PsyD, MBA

March 19, 2019

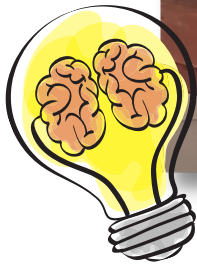
Listening time: 46:55 minutes



Most people with ADHD struggle to manage their time. In this podcast, Ari Tuckman takes a deeper look at the science of time awareness and time management through an ADHD lens. Uncovered the reasons why the ADHD brain estimates, uses, and values time differently. This podcast will teach adults to "see" time by externalizing it and "feel" time by building motivation. (PodBean Development, 2019)

Resources

- How Long Does it Take for Something to Become a Habit? (2014, February 12). Examined Existence. <https://examinedexistence.com/how-long-does-it-take-for-something-to-become-a-habit/>
- BrainyQuote. (2021). BrainyQuote: BrainyQuote. https://www.brainyquote.com/quotes/zig_ziglar_387369
- iTrackBites. (2020, February 13). 20 Motivational Quotes to Keep You On Track - iTrackBites. <https://itrackbites.com/blog/20-motivational-quotes-to-keep-you-on-track/>
- Reflectly ApS. (2016, April 11). Tally: The Anything Tracker. App Store. <https://apps.apple.com/gb/app/tally-the-anything-tracker/id1090990601>
- Amazon.com: Daring Greatly: How the Courage to Be Vulnerable Transforms the Way We Live, Love, Parent, and Lead (Audible Audio Edition): Brené Brown, Brené Brown, Penguin Audio: Audible Audiobooks, 2021
- PodBean Development. (2019, March). The Science of Time Management. Chadd.org. <http://podcasts.chadd.org/e/the-science-of-time-management/>



About Coach Cindy

Thank you for joining me. My name is Cynthia North. Most people know me as Cindy. I am a Certified ADHD Life Coach devoted to partnering with clients to create self-success within ADHD. I work with all ages having a special interest in coaching parents and family units. I have an innate desire to empower others no matter what difficulties they face.

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 Life Coach because I want others to discover the greatness within ADHD strengths while working with their executive functioning challenges. 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. I sought professional help, ultimately finding a Life Coach.

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 so I can serve others past their 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.



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