



By Cindy North, Certified ADHD Life Coach

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. Living life easier is good for all of us, ADHD-minded or not. You do not have to have ADHD to use what is shared here to improve your quality of life. I hope you find this information value-added.

1. FAST FACT

ADHD IS REAL

ADHD is a brain-based disorder. Kids can't overcome symptoms of ADHD by "trying to concentrate harder" or by willing themselves to "pay attention." Brain imaging studies have shown that people with ADHD have structurally different brains than people without ADHD. It also runs in families. Children whose parents have ADHD have a 40% to 60% chance of also having ADHD. Sometimes a child's diagnosis can be the first clue that a parent may have ADHD.

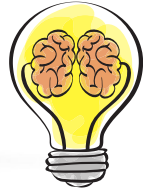
[5 things parents and teachers need to know about ADHD - Harvard Health Blog - Harvard Health Publishing.](#)

In This Issue "Brain Power"

1. Fast Fact: ADHD is REAL
2. Know Your Symptoms
3. App of the month- **Peak**
Brain Training
4. Readers Corner- **Focused Forward**
By: James M. Ochoa LPC
5. Listen In- **The Wall of Awful**
By: Brendan Mehan



2.



"The voice behind your ADHD symptoms is the key to your success. These seeds grow with time viewed either negative or positive and fruitful." -C. North

Know Your Symptoms

By Cynthia North, CALC

The best way to combat your brain difference, ADHD or not, is to know your symptoms. What is getting in the way of you doing what you have to do, want to do, dream of doing? Is your goal to be happier? To experience less stress? Connect with others? Follow-through on your big ideas or maybe anything at all? How can you peel back the layers of your own patterns, habits, and engrained struggles to create space for real lasting positive change? This formula helps you get to the core of your needs. Ask yourself, "What x is under symptom that is getting or keeping me from y so I can have or achieve z?"

Distraction → completing task → (Z) positive outcome
 ex: passing a class, getting a promotion, getting paid



Lack of interest

What are you distracted from?

What are you distracted with?



Every good chef has a secret sauce. What is yours? What is missing between x and y that will give that extra flavor towards overcoming distraction? How can you create interest or the ability to focus? Maybe its clearing your desk, starting at your most optimum time, playing quiet music, or sipping your favorite beverage. How can you involve your five senses in staying focused? Involving your five senses helps to awaken the whole brain. The parietal lobe gives you a sense of 'me'. It figures out the messages you receive from the five senses of sight, touch, smell, hearing and taste. (Brain & Spine Foundation | Anatomy of the brain and spine, n.d.)

I often hear my clients say, "I'm falling into old patterns?" "Am I the only one that thinks this way?" "I'm so angry with myself." "I know I should devote myself to this but I just can't get started." Understanding how your brain difference plays a role in your life is the key to shining a light on what you need. What is needed in combating distraction? Interest. How can you make what you "have to do" interesting? It is easy for ADHD symptoms to take over in moments of shame, blame, guilt, and negative thinking. What Next.....

Symptom Catcher



Here are a few common strategies that may help as you uncover what is under your ADHD symptoms.



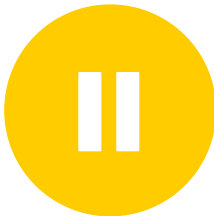
Tame It with "Right-Now Thinking" Check yourself by asking, "Is "it" happening right now?" "It" only matters if the "it" thing is happening RIGHT Now. Write "it" down and file it away. If you need it you know where to find "it".



Back Into the Now Technique- Reset yourself. Get up, walk around, and make a conscious choice to leave thoughts behind you. Switch your thoughts to what you see, hear, taste, smell, and feel? Getting yourself into the present can help reset your brain and body.



Weigh In- Is that True? Really True? Thinking habits can create stories that are not exactly reality. Catastrophic thinking can become a dark rabbit hole. *Pause*- What is the worst that could really happen? Analyze what you are thinking in your brain against what the reality is. This cognitive distortion can bury your productivity. Pause and weigh in.



Wait Time If you struggle with behaving impulsively try practicing your pause button. If you want to do something wait 5 minutes. If you still want to do this thing revisit this choice by thinking about three possible outcomes. Strengthening self-restraint through delay helps curb impulsivity. This takes conscious practice. If it is spending you struggle with, try asking, "Do I need this or Do I want this?" Resist impulsivity by gradually increasing your wait time.



Kalidescope Affect- How can you shift your mindset to see "it" differently? Like a kaleidoscope, with a small twist, you can change your perspective. Take a birds-eye view or stand in someone else's shoes.

*Apps are designed to make
living life easier.*

-unknown

SPOTLIGHT APP

PEAK

CLICK HERE

3.

Peak- ADHD uPLifted App of the Month

132K Ratings 4.7 Ages 4+

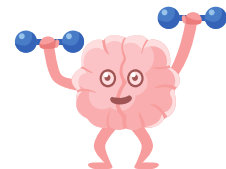
Free Version or Paid Pro \$34.99/yr (Look for Lifetime Offer on Black Friday)

PLAY, SMARTER.

Discover what you can do with Peak, the number 1 app developed by Neuroscientists to challenge your brain.

Peak games are designed to challenge your cognitive abilities. Push your cognitive skills, train harder and use your time better with fun, stimulating games and workouts. (Peak - Level up your brain., n.d.)

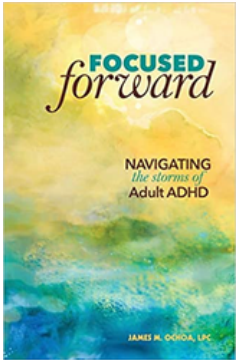
This app has been engaging for my ADHDer's and myself alike. Although it is not marketed to treat ADHD it is an application backed behind neuroscientists with ongoing improvements. The fascinating thing is all brains have neuroplasticity with the ability to learn and adapt to change with practice. The brain is a muscle and needs to work out just like your biceps or 6-pack. Try Peak with 45 fun and interactive games to improve focus, memory, problem-solving, and more. If you like streaks see how long you can train your brain. My favorite game is Turtle Traffic. So far I am ranked an Expert with a Best Score of 16,675.



**“Never underestimate the power of thought; it is
the greatest path to discovery.”**

— Idowu Koyenikan

4. READERS *Corner*



Focused Forward

Navigating the Storms of Adult ADHD

By: James M. Ochoa LPC

Narrated by: James M. Ochoa

Length: 4 hrs and 33 mins

Release date: 03-07-16

4.4 out of 5 stars 4.4 (216 ratings)

In Focused Forward: Navigating the Storms of Adult ADHD, author and self-proclaimed "ADHD-er" James M. Ochoa, LPC, goes beyond the management and scheduling techniques most ADHD books focus on to deal with what really holds so many ADHD-ers back - the emotional fallout of ADHD. He helps listeners identify, manage, and alleviate symptoms of a PTSD-like condition he calls emotional distress syndrome, with practical, proven advice including:

- Understanding the link between ADHD and emotional distress
- What emotional distress syndrome (EDS) feels like
- How to construct an emotional safe place
- How to recruit your own me support group
- Eight essential tools to help you cope
- And more....

With wisdom, humor, and plenty of (sometimes painful) empathy, Focused Forward will help adults with ADHD move past the pain and shame toward a future full of possibility, balance, and joy.

(Focused Forward: Navigating the Storms of Adult ADHD: Ochoa LPC, James M.: 9780996983907: Amazon.com: Books, 2021)

Available on

CLICK HERE

Focused Forward: Navigating the Storms of Adult ADHD
Free Book Preview from Kindle
read.amazon.com

"I recently finished the audio version of this book. I got several useable tips in chapter 6."

5.

LISTENING TO NOW

Listening time: 14:30 minutes - Quick Start at 3:13



ADHD Essentials

ADHD Podcast for Parents and Educators...

ADHD! podbean.com /



"Building the wall of awful... failure bricks, disappointment bricks, rejection bricks, and more stacked higher and higher. Guilt, shame, and fear grow more and more. Brendan highlights ways to conquer your wall in a healthy way. As a Life Coach, I help you put into action ways to climb and restructure your wall the way you need to for your success." -C.North

Resources

- Brain & Spine Foundation | Anatomy of the brain and spine. (n.d.). Retrieved May 2, 2021, from <https://www.brainandspine.org.uk/information-and-support/anatomy-of-the-brain-and-spine/#:~:text=Anatomy%20of%20the%20brain%201%20Frontal%20lobe.%20The>
- Peak - Level up your brain. (n.d.). Peak. Retrieved May 2, 2021, from <https://www.peak.net/science/>
- Focused Forward: Navigating the Storms of Adult ADHD: Ochoa LPC, James M.: 9780996983907: Amazon.com: Books. (2021). Amazon.com. https://www.amazon.com/Focused-Forward-Navigating-Storms-Adult/dp/0996983902/ref=sr_1_2?dchild=1&keywords=Focused+Forward&qid=1620047868&sr=8-2
- The ADHD Essentials Podcast with Brendan Mahan, M.Ed., M.S. (n.d.). ADHD Essentials. Retrieved May 3, 2021, from <https://www.adhdessentials.com/podcasts/>



About Coach 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.