

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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1. FAST FACT

IS ADHD ON THE RISE?

It appears the prevalence of **ADHD** is increasing in the United States. In a recent study, the prevalence of ADHD diagnoses in children and adolescents rose from 6.1% in 1997 to **10.2%** in 2016 (Xu et al., 2018). Professionals have suggested an even greater increase since 2019.



"Don't try harder. Try differently."
-Patrick McGrath, Ph.D.

2.



ADHD uPLifted

By: Cynthia North, CALC



How solid is your foundation in supporting your pillars of health? Do you have what you need to meet your goals?

You can set yourself up for success by supporting your health with medication (if prescribed), proper nutrition through a balanced diet, sufficient sleep, and exercise. Through self-discipline and strong pillars, you can work with a Therapist through guided therapy or with a Life Coach to reach your desired attainable goals. You will do life better by empowering your ADHD brain with these foundational needs. Your greater ease in life is when you set yourself up for success. How can you get solid? Each day you wake up is a new day to step towards what you want.





Pillars of Health

SELF-DISCIPLINE

By: Cynthia North, CALC

Where are you headed? Are you in control of your future or is someone else holding your steering wheel while you sit in the driver's seat?



You have strengths that can take you places. To get somewhere you must first identify what is holding you back from where you want to be. Do you put things off, even the important stuff? Do you start and stop, lose motivation, really want something but just can't get going? Sasson writes in his article [What Is Self-Discipline – Definitions and Meaning](#), "Self-discipline is an internal awareness of what you are choosing. One of the main characteristics of self-discipline is the ability to forgo instant and immediate gratification and pleasure, in favor of some greater gain or more satisfying results, even if this requires effort and time." (Remez Sasson, 2020) Self-discipline is playing directly into the hand of ADHD symptoms. Forgoing instant gratification requires impulse control. Greater gain requires time projection and forecasting future outcomes. Effort and time- that is a curveball to the ADHD brain. Self-discipline skills hit the ADHD brain in some of its weakest areas known as ADHD symptoms. So what now?

No, you are not doomed or excused from having self-discipline when you are wired ADHD. You can develop these self-discipline skills and strengthen your brain. Your brain is a muscle and you have the ability to work it out.



Coach Hint: If you struggle to make decisions, this may be the first area to check in on. How are your sleep, nutrition, and exercise habits?





Pillars of Health

MEDICATION

By: Cindy North, CALC



The purpose of medication is to pharmacologically balance the chemicals in the brain for optimum performance with the least amount of side effects. I believe medicine is best left to the medical professionals who are extensively trained and knowledgeable in their use. It is ultimately the patient's responsibility to know their options. Unfortunately, many people choose to trust the expert as the know-all -end-all, but sometimes they are not as versed in ADHD medication as they need to be for you. The pharmaceutical industry is constantly working on new formulas in search of better options. Too often, these new medications are not affordable or don't provide the outcome one would hope for. It takes trial and error to know what is going to work. Trial and error is one of the hardest parts of treating ADHD with medication, but often necessary for positive outcomes. It takes patience and honesty.

As a person with ADHD or one responsible for caregiving, your responsibility is to do your due diligence (research). With the internet, there are many reputable sites to research your options. More important, patients need to be honest with their symptoms to receive the best treatment. Too often, this can be difficult with weakened executive functioning skills and skewed self-awareness. ADHDers can use symptom trackers or invite a trusted partner to help them during their check-ins. This is often with a psychiatrist, hopefully, one with a background in ADHD, but it can also be a medical doctor or nurse practitioner. Despite medication being a go-to for practitioners after an ADHD diagnosis, there are other options. Medication is not a one-size-fits-all treatment, nor is it for everyone, or does it work for everyone.

Balance is essential for forward movement. Medication is a key player in getting the brain in balance, but other areas can also boost the chemicals needed in the brain... Brain chemistry is affected by so many factors, including nutrition, exercise, sleep, and your environment. Your brain is unique to you and worthy of mindful care. Use your due diligence to make informed decisions with trusted people and take the steps forward that work best for you.

Questions to Ask Your Doctor

1. What are you trying to balance in my brain with this medication?
2. What side effects should I be aware of?
3. How much will this medication cost me? Are there payment assistance programs available?
4. How long will I take this medication?
5. Does this medication react with any types of other medications, food, drugs or alcohol?





Pillars of Health

NUTRITION

By: Cynthia North, CALC



GOT PROTEIN

Are you looking for an easy grab-n-go protein bar that doesn't taste like cardboard? One that will give you what you need and taste like what you want? The mouths of my babes have certainly been victims to some of the bad ones.

Fortunately, this 4.6 Billion-dollar industry has some key players starting to get it right in the taste and nutrition department. (Protein Bar Market Size, Share, Trends | Global Industry Growth, 2027, 2020) I feel like I have been part of the market research with protein bars always at the top of the grocery list. Many ended up in the trash! 😊 If you are looking for a quick energy source that offers nutrition and not just sugar you might taste test for yourself (*consult your dietician as needed) one of my family favorites.

The **Luna Bar Peppermint Stick** (190cal, 6g Fat, 3g Fiber, 8g Sugar, 8g Protein) is the bar that started us on the protein bar journey back in 2015 when we tried the elimination diet with my son. Since, **Brownie Crunch by Think** has become a true fav for taste and nutrients with 20g of protein (230 cal, 8g Fat, 1g Fiber, 0 sugar), and gluten-free. Our household favorite is the **Mint Power Crunch** (220cal, 14g Fat, 1g Fiber, 5g Sugar, 13g Protein). It tastes like a thin mint cookie and with only 5g of sugar, it is a better choice than our favorite, the Oreo at 14g of sugar.

Easy Pumpkin Protein Muffins

By: Colleen Christensen Nutritionist



Ingredients:

2/3 cup flour
2/3 cup protein powder
1/2 tsp baking powder
1/4 tsp salt

2 tsp pumpkin spice
1/2 tsp cinnamon
1/2 cup plain whole milk greek yogurt
1 egg
3/4 cup pumpkin

1/3 cup sugar
1 tsp vanilla



(Christensen, 2020)



Pillars of Health

SLEEP

By: Cynthia North, CALC

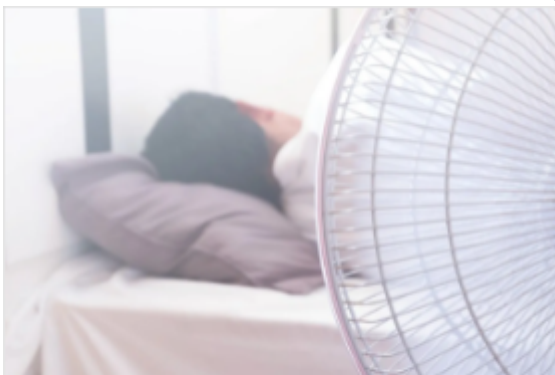
SLEEP..

ZZZ

Tips: *Create a nighttime routine to train the brain.*

What helps you wind down? The key is to help your brain recognize a downshift. How can you press on the clutch to transition down? Engage your senses. Some of my clients take a hot bath, cool shower, sip calming tea, read a book, dim the lights, use cooling blankets, soothing blankets, weighted blankets, white noise, use sleep apps or audio stories. Keath Low mentions in, Tips for Sleep with ADHD, to avoid drinking alcohol, caffeine, smoking, sugar, and using electronics (<https://www.facebook.com/verywell>, 2021). Sleep is critical for brain function. Medical Professionals even suggest that some executive function deficits are a result of not getting enough "quality" sleep. Test out some of the above sleep habits to better your sleep.

READ MORE >>



What Is the Best Temperature for Sleep?

The optimal bedroom temperature can help you sleep better and longer. Learn how sleep and temperature are connected so you can sleep comfortably at night.

(<https://www.facebook.com/AmericanSleepAssociation>, 2021)



How Sleep Works

Sleep is critical to all aspects of health. But how does it work? Learn what happens to your body when you sleep, why sleep is important, and more.



7 Best Sleep Apps for iPhone & Android

See the best sleep apps for iPhone and Android mobile devices that measure sleep quality and quantity. include ratings and download links.

(<https://www.facebook.com/AmericanSleepAssociation>, 2016)

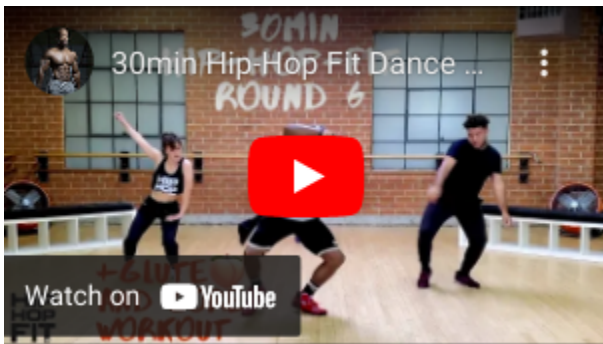
(Best Sleep Apps for iPhone & Android Mobile Devices | American Sleep Association, 2021)



Pillars of Health

EXERCISE WITH SOME PEP!

Get ready to unleash your inner dance and fitness beast with Hip-Hop Fit creator Mike Peele! This class is for everyone from **Beginners to Advanced**. Just get ready to push your mind and body to the next level! AND HAVE SOME FUN!



(Peele, 2020)



(Peele, 2021)

For Kids and Family or to just Mix it Up!

Family fun night can include some fun mind games with "Would You Rather" while you get your heart pumping.



(Fix and Play, 2021)



(Fix and Play, 2020)



Pillars of Health

LIFE COACHING VS THERAPY

By: Cynthia North, CALC

What defines you is not a background story, list of weaknesses, others' opinions, logs of mistakes or failures. Your definition is deeper in your strengths, talents, and core values. Are you carrying baggage that no longer serves you? Are you allowing yourself to grow? Or are you stagnant with defeat from old stories and old beliefs?

One of my favorite movie lines depicting parenting is when a Mom says to her child in a stern frustrated tone, "You are not a bad person. You are just behaving badly." I have come back to this tiny movie moment that has had a profound effect on me as a Mom. I'm reminded that there is an emotion under the behavior. Even deeper there is a need. In this movie, the child had lost her parents and had been placed in the custody of their aunt. The child was sad, acting out, and needing love.

What if you reframed your negatives into positive opportunities. You are not a failure. You are a tryer. You are not mistake-prone. You are learning. You are not your weakness. Your weaknesses are someone's strengths to call on. You are not what others think of you. You are what you think of yourself. But, is what you think truly accurate? What you think of yourself is in your control. There can be beauty or destruction in the power of thought. You can control what you say to yourself, of yourself. Thought patterns can change. Positive thinking can be learned.

Learning to peel back the layers helps get to what truly defines your essence. Knowing the inner you allows you to reach your goals and live life fuller. Are you struggling with behavior? Yours or someone else? Try using this dissection method to peel back the layers. Most often there is something festering under the surface. Under a behavior is a feeling. Under a feeling is a need. When needs are met behaviors change. Be empowered each and every day.

Certified Coach Approach

Life Coaching is client-specific and client-driven. Life Coaches are future focused and a support partner. Life coaches are supporting the client to create future success. Clients learn new skills and focus forward towards your set goals.

Therapist Approach

Licensed Therapists are past and present-focused. Therapists are trained in mental health and assist with healing traumas, treating addiction, and helping patients overcome abuse.



Pillars of Health

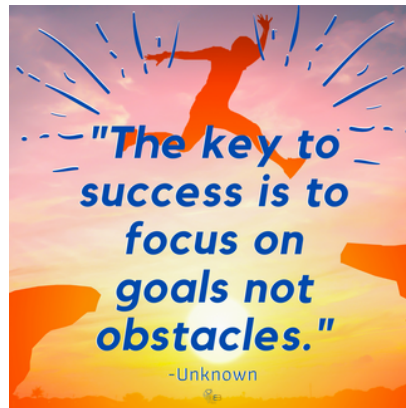
SETTING ATTAINABLE GOALS

By: Cynthia North, CALC

Goals get you where you want to go. Big goals can be broken down into specific bite-size portions. Take one step at a time and you will find yourself jumping over obstacles.

Shift your eye and you can get where you want to be as the person you want to be.

Be empowered in your strengths.



You can grow your self-awareness by filling in the blank. You can set your intentions so your attention stays where you want them. You can learn to recognize when your attention fades from your intentions so you can get back on track. To meet attainable goals you need to know where you want to be and the steps you need to take. Setting your Intentions for your goals takes you where you want to be.

Fill In The Blank

1. My Intentions for this moment are _____.
2. The task I am doing right now is driven by _____.
3. I determine how I spend my time by _____.
4. I know I need to spend my time _____ because _____.
5. Am I busy in a *reactive mode*, putting out fires, or busy preventing fires by being *Proactive*?
()Yes ()No I am being proactive by _____.
6. I am moving forward and making progress by _____.
If not, I will be running circles doing _____.

(ADHD Blog: The Key to Effective Follow Through, 2021)

"People want to be heard and want to be loved. That attitude of acceptance and support inspires them to be the best they can be. "

-Bobby Genovese



4.

Wunder <2021 NEW APP by Understood>
ADHD uPLifted App of the Month
Apple Store Ratings 4.5
Ages 4+
Free

Are you looking for a community? Wunder is a new platform serving the neurodiverse community.

The first community app for parents and caregivers of children who learn and think differently. Wunder is the only place where parents can safely connect while being supported by a team of leading experts - all for free.

- Real talk
- Inclusive groups
- Personalized resources

(Understood for All Inc, 2021)



"I'm a parent of two beautiful ADHDer's. This app brings a community of parents together to support each other in similar areas of need. In one click I can see I am not alone. I am doing the best I can at the moment. I am still learning about my children's needs as they grow up. Wunder gives me the opportunity to connect." CC

"Some people think they are in community, but they are only in proximity. True community requires commitment and openness. It is a willingness to extend yourself to encounter and know the other." -David Spangler

(Jessa Pangilinan, 2020)

*"It's not about changing. It is about
how you can shift your mindset to
being open to change."*

C. North

SPOTLIGHT



Habit Hub: Routine and Schedule

ADHD uPLifted App of the Month

Apple Store 6.4K Ratings 4.6

Ages 4+

Free and \$2.99 (Family Share)

Motivating to complete habits & to-do lists with RED, YELLOW & GREEN indicators. Schedule DAILY, MULTIPLE TIMES A DAY, WEEKLY, MONTHLY with FOCUS TIMERS-Perfect routine!

Organize your daily life to form good habits. Download and get the Simplest and Easiest experience to get organized and perform your daily routine with routing habits and daily to-dos and tasks.

Multiple Features include planning, prioritizing, time managing, color-coded capability, repeat daily habits, goal tracking, trend chart, interactive streak calendar, motivating nudge assist, interactive alerts, track record, and more.

(Sabana Patel, 2016)



I am a coloring coding geek. This app helps me quickly identify what is most important just by color. 😊 I am a streak freak, too! I'm staying on track. Maybe it will help you, too. CC

"You'll never change your life until you change something you do daily. The secret of your success is found in your daily routine."

(A quote by John C. Maxwell, 2021)

5. READERS *Corner*



The High 5 Habit: Take Control of Your Life with One Simple Habit Hardcover – September 28, 2021

by Mel Robbins (Author)

4.8 out of 5 stars 80 ratings

264 pages

The High 5 Habit is a simple yet profound tool that changes your attitude, your mindset, and your behavior. So be prepared to laugh and learn as you take steps to immediately boost your confidence, happiness, and results.



In this book, Mel teaches you how to start high fiving the most important person in your life, the one who is staring back at you in the mirror: YOURSELF.

If you struggle with self-doubt (and who doesn't?) ...

If you're tired of that nagging critic in your head (could somebody evict them already?) ...

If you're wildly successful but all you focus on is what's going wrong (you're not alone) ...

If you're sick of watching everybody else get ahead while you sit on the couch with your dog (don't bring your dog into this) ... this book is for you.



I listened to this book on audible on its release date. I also now own a copy peppered with sticky notes, highlights, and ear-tags. Mel uses her witty way to help you take back your "self". This book is not just opinion, Mel gets down to the brain level. Probably why The High 5 Habit resonated with me so much. A must listen, read or both! CC

([The High 5 Habit: Take Control of Your Life with One Simple Habit: Robbins, Mel: 9781401962128: Amazon.com: Books, 2021](#))

6. LISTENING TO NOW

"Interesting thought to consider all of these foundational needs being "boring." I often rely on outside stimuli to get through pedaling. Makes sense"



ADHD and the power of meditation, exercise, diet and sleep
Overcoming Distractions-Thriving with ADHD, ADD

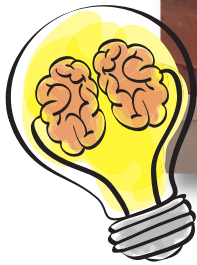
Dave Greenwood, Author/PR

Listening Time: 45:56



Dave invites ADHD Life Coach, Jeff Copper, for an engaging conversation about meditation, exercise, diet, and sleep all related to ADHD. In this discussion, they share their perspective around these important foundational needs for wellness. They discuss the challenges of incorporating these key needs into daily life and offer some helpful tips.

([Greenwood, 2021](#))



About Coach Cindy

Thank you for joining me. My name is Cynthia North. Most people call me Cindy. I am a Certified ADHD Life Coach devoted to partnering with clients to create self-success within ADHD and in living life. I work with all ages having a special interest in coaching teens, young adults, families, and high-achieving executives. 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. 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 so I can 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.

Resources

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My Notes



Disclaimer:

The ADHD uPLifted Series is not provided to diagnose or treat Attention Deficit Hyperactivity Disorder. The information included in each ADHD uPLifted Series is offered with the intention of being value-added to the ADHD community and to those who are invested in brain health. This publication is created to start the conversation. This is not a sole source of available information nor intended to be considered so. Please consult with your medical professionals only using this information as you see fit.