

# uPLifted Series

An Informational Digest of EmpowerM3 by Coach Cindy

## Permission to Interrupt: A Guide to Interrupting the Stress Cycle

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As a society, we have let heightened stress be a normalized state of being. So much so that when a doctor tells us that the symptoms we are experiencing in our physical health could be due to stress, we feel dismissed. We have tricked ourselves into believing it must be more. "You mean I'm not having a heart attack? BUT, I feel like I'm HAVING a heart attack." Somehow, we have accepted living in a stressed state as normal without knowing the true cost we are paying. Society is living amidst so much stress that April was designated as stress awareness month. De-stressing is crucial for all brain styles, even more so for differently wired brains with ADHD and executive function challenges. In this article, you will learn what the stress response was designed for, the impacts of stress on the body, and ways to manage and de-stress with an ADHD flare.

Stress is a chemical process originating in the brain. It is a natural physiological response to a perceived threat or challenge. It is what kept us safe from predators in primitive times. Present-day the brain perceives threats by various situations or events, such as work pressures, relationship issues, or financial problems. When faced with stress, the body releases hormones like adrenaline and cortisol, which prepare the body for a "fight, flight, or freeze" response. Short-term stress acts as an initiator and can be beneficial, helping you to focus, react quickly, and deal with challenges effectively.

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(\*these work for neurotypicals, too.)

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“Persistent stressors don't just stay contained within their own bubble. They make us more sensitive to the little annoyances of daily life. That minor inconvenience that might have been shrugged off on a good day suddenly feels like an insurmountable obstacle. It's like our stress dial is turned up to eleven, making us more reactive and less resilient.”



In today's society, the brain's stress response is on a constant drip throughout the day with 24-hour access to news outlets, social media, demands of work and school environments, and heightened judgment throughout society. Chronic stress occurs when you are exposed to prolonged periods of stress or when you cannot recover fully from stressful situations over an extended period. Unlike acute stress, which is short-term and usually has a specific cause, chronic stress can result from ongoing issues like financial difficulties, long-term health problems, or persistent work-related stress.

Chronic stress impacts your brain and body in ways you may not realize. Stress is more than a feeling state. It's not just a happiness drainer; it affects your cognitive ability, immunity, ability to sleep well, and much more.

## **COMMON SIGNS OF STRESS**

Recognizing signs of stress is essential for managing it effectively. Here are some common physical, emotional, cognitive, and behavioral indicators that may indicate you are experiencing stress:

### **Physical Symptoms:**

- Headaches or migraines
- Muscle tension or body aches
- Fatigue or low-energy
- Sleep disturbances, such as insomnia or oversleeping
- Changes in appetite, either increased or decreased
- Digestive issues, such as stomach pain, nausea, or diarrhea
- Rapid heartbeat or chest pain
- Sweating or clammy hands

### **Cognitive Symptoms:**

- Difficulty concentrating or focusing
- Racing thoughts or mind going blank
- Memory problems or forgetfulness
- Poor judgment or decision-making
- Negative thinking or pessimism
- Perfectionism or excessive worry about making mistakes
- Difficulty problem-solving or finding solutions

### **Behavioral Symptoms:**

- Increased irritability or conflict with others
- Withdrawal from social activities or relationships
- Avoidance of responsibilities or tasks
- Changes in work performance or productivity
- Engaging in unhealthy coping mechanisms, such as overeating, substance abuse, or self-harm
- Nail biting, pacing, or other nervous habits
- Difficulty relaxing or unwinding
- Procrastination or avoidance of tasks

### **Emotional Symptoms:**

- Irritability or moodiness
- Anxiety or nervousness
- Feeling overwhelmed or unable to cope
- Sadness or depression
- Increased emotional sensitivity or tearfulness
- Agitation or restlessness
- Decreased motivation or apathy
- Feelings of frustration or anger

It's important to note that everyone experiences stress differently, and individual responses may vary. Additionally, some symptoms of stress may overlap with symptoms of other mental health conditions, so it's essential to consider the context and duration of symptoms.



**Chronic stress** can exacerbate symptoms for those who are neurodivergent, making success that much harder. Symptoms from Attention Deficit Hyperactivity Disorder (ADHD) or executive function deficits may seem so much worse.

## **Potential Effects Of Chronic Stress On Individuals With ADHD**

*\*Some may be surprising*

- 1. Increased Impulsivity:** Stress can amplify impulsivity in individuals with ADHD. You may find it harder to control your impulses, leading to impulsive behaviors such as interrupting others, making hasty decisions, or acting without considering consequences.
- 2. Difficulty Concentrating:** Stress can further impair the ability to concentrate and focus, which are already challenges for individuals with ADHD. This can manifest as increased distractibility, difficulty staying on task, and trouble processing information.
- 3. Emotional Dysregulation:** Chronic Stress can heighten emotional reactivity and lead to mood swings, irritability, and emotional dysregulation in individuals with ADHD. You may struggle to manage your emotions effectively, leading to outbursts or overwhelming feelings.
- 4. Worsened Executive Functioning:** Executive functions, such as planning, organization, and time management, are often impaired in individuals with ADHD. Chronic stress can exacerbate these difficulties, making managing daily tasks, prioritizing responsibilities, and staying organized even harder.
- 5. Impaired Working Memory:** Stress can impair working memory, which is already a common challenge for individuals with ADHD. This can result in difficulties remembering instructions, retaining information, and multitasking effectively.
- 6. Negative Impact on Physical Health:** Chronic Stress can adversely affect physical health, including increased risk of cardiovascular problems, weakened immune system, and disrupted sleep patterns. These health issues can further exacerbate ADHD symptoms and reduce overall well-being.
- 7. Impaired Coping Mechanisms:** Individuals with ADHD may already have difficulties with coping mechanisms and stress management strategies. Chronic stress can further impair your ability to cope effectively, leading to heightened feelings of anxiety, overwhelm, and a sense of being unable to control your circumstances.
- 8. Increased Risk of Co-occurring Mental Health Conditions:** Chronic Stress can increase the risk of developing or exacerbating co-occurring mental health conditions such as anxiety and depression, which are common in individuals with ADHD. These conditions can further complicate the management of ADHD symptoms and overall mental health.

**Around 77% of employees experience physical effects of stress.**  
**-Aleksandar Hrubenja, 2021**

## LIVING IN OVERWHELM

It's all too common for people to share how overwhelmed, anxious, or frustrated they are. It could be why people will say, "Aren't we all a little ADHD." Stress has a negative effect on the brain and can mimic symptoms of ADHD. This is not the same as having ADHD. With ADHD, it is not situational or provoked by stress. In fact, ADHD symptoms are often compounded. Sadly, living stressed has become part of the norm. This is why you must become aware of the effects of stress and find ways to detox your body. Stress is chemical. It's not an excuse for a blow-up or for missing a deadline. The behavior is a sign your chemistry is out of balance. The physical state of stress is your warning sign. Stress may serve you in initiation, but the longer you use it in excess to get through life, the more detrimental it is to your overall mental and physical health.

**Why stress less?** Reducing stress can significantly enhance efficiency and productivity in various aspects of life. Individuals can improve focus, decision-making abilities, and energy levels by managing stress effectively. Individuals can tackle tasks with renewed vigor, set realistic goals, and manage time more effectively with reduced stress. Additionally, stress management promotes cognitive flexibility, creativity, and problem-solving skills, enabling individuals to find innovative solutions and overcome obstacles efficiently. Clear communication, reduced errors, and improved overall well-being are also benefits of stress reduction. Ultimately, prioritizing stress management fosters a more balanced, productive, and fulfilling life. Imagine your life like that.



### 101 | Stress Reduction and ADHD

[ADHD reWired](#)

1 Hr

Stress and stress reduction are the topics at hand, as Diane Dempster of Impact ADHD walks through ways those with ADHD can better manage themselves while under stress. Problem-solving, storytelling, emotional triggering, and resiliency are all addressed during Diane's discussion.

<https://podcasts.apple.com/us/podcast/adhd-rewired/id849400337?i=1000361794626>



*"Set peace of mind as your highest goal, and organize your life around it."  
- Brian Tracy*

## The Stress Continuum



Keeping stress at a moderate level, which we call the "green zone," can actually be good for getting things done because it keeps you motivated and focused. When stress is just right, it helps you perform your best, like when you're taking a test or giving a presentation. It's that sense of urgency that ADHDers lean into often. But too much stress for too long, without taking breaks, can make you feel tired, off-balance, or overwhelmed, and if it goes on

too long, it can lead to serious problems like anxiety and burnout.

The key is making time for your wellness and detoxing from your normalized stress state. I get it. The "I don't have time" feeling is real and can be convincing. However, the time you "steal" to filter out cortisol now, dripping in feel-good moments throughout your day, will give you more energy and help you capitalize on your abilities. Plus, you will show up living a better version of yourself more consistently.

It's essential to recognize that recovery from chronic stress is a dynamic and individualized process that may vary from person to person. By implementing healthy coping strategies, seeking support when needed, and prioritizing self-care, you can support your body in recovering from the effects of stress and promoting overall well-being. A stress-less state starts in your thinking and follows with your actions. Perhaps designing your life to drip in some joy is just what the doctor was suggesting. The following pages have been curated with the help of AI specifically to help you think outside the box with your ADHD brain-wiring (\*works for neurotypicals, too) for ways to detox from stress.





## **ADHD-FRIENDLY WAYS TO MANAGE STRESSORS**

**Managing stressors** can be incredibly challenging when you have ADHD, but setting boundaries can help you maintain a sense of control and balance. Here are some strategies tailored to individuals with ADHD:

1. **Identify Your Stressors:** Understand what triggers stress for you. It could be specific tasks, environments, or situations. Knowing your stressors can help you anticipate and prepare for them.
2. **Prioritize Tasks:** Break down tasks into smaller, manageable steps and prioritize them based on importance and urgency. Focus on completing one task at a time rather than tackling everything simultaneously.
3. **Set Realistic Goals:** Set realistic and achievable goals for yourself. Avoid overcommitting and be mindful of your limitations. Don't hesitate to say no to additional responsibilities if you feel overwhelmed.
4. **Establish Boundaries:** Clearly communicate your boundaries to others in personal relationships and/or at work. Let people know what you can and cannot handle, and don't hesitate to ask for support when needed.
5. **Create a Structured Routine:** Establishing a structured routine can help you stay organized and reduce stress. Schedule specific times for work, relaxation, exercise, and other activities. Stick to your routine as much as possible to provide stability.
6. **Practice Self-Care:** Make self-care a priority. Engage in activities that help you relax and recharge, such as exercise, meditation, hobbies, or spending time with loved ones. Taking care of your physical and mental well-being is essential for managing stress.
7. **Use Tools and Strategies:** Explore tools and strategies that can help you stay focused and organized, such as to-do lists, calendars, timers, and task management apps. Experiment with different methods until you find what works best for you.
8. **Take Breaks:** Recognize when you need a break and allow yourself to step away from stressful situations. Taking short breaks throughout the day can help you recharge and maintain focus.
9. **Practice Mindfulness:** Mindfulness techniques, such as deep breathing exercises or mindfulness meditation, can help you stay present and calm in the face of stress. Practice mindfulness regularly to build resilience and reduce reactivity.
10. **Seek Support:** If you're struggling to manage stress, don't hesitate to seek support from friends, family members, mental health professionals, or a trained ADHD Life Coach. Having a support network can provide encouragement, guidance, and perspective.

Remember that managing stress is an ongoing process, and seeking help and making adjustments as needed is okay and to be expected. You are not a failure. Be patient with yourself and celebrate your progress along the way.

# ADHD-Friendly Ways to De-Stress (\*these work for neurotypicals, too.)

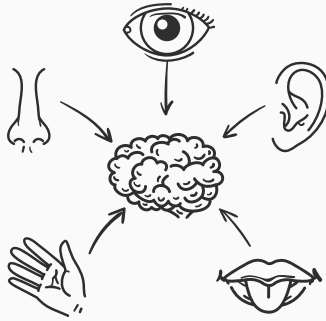
These activities cater to various preferences and needs, offering a range of options for individuals with ADHD to manage stress and promote well-being in different ways.



## Physical Activities

- **Outdoor Adventures:** Engage in activities like hiking, biking, or nature walks to enjoy the calming effects of nature and physical exercise.
- **Dance Therapy:** Dance to your favorite music freely and spontaneously to release tension, boost mood, and improve focus.
- **Body Movement Breaks:** Take short breaks throughout the day to engage in physical movement activities such as stretching, yoga, or dancing to release tension and improve focus.
- **Martial Arts Sparring:** Engage in martial arts sparring sessions with a partner to practice self-defense techniques, improve reaction time, and release pent-up energy.
- **Rock Climbing:** Visit an indoor rock climbing gym or outdoor climbing area to challenge yourself physically and mentally while enjoying the thrill of ascending vertical walls.
- **Disc Golf:** Play a round of disc golf at a local course, enjoying the physical activity, strategic gameplay, and outdoor scenery as you navigate the course.
- **Wilderness Backpacking:** Plan multi-day backpacking trips into remote wilderness areas to disconnect from technology, immerse yourself in nature, and challenge yourself physically and mentally.
- **High-Intensity Interval Training (HIIT):** Engage in HIIT workouts involving short bursts of intense exercise and brief rest periods. HIIT can help release endorphins, reduce stress hormones, and improve overall fitness.
- **Rowing:** Go rowing in a boat or on a rowing machine to engage your entire body in a low-impact cardiovascular workout. Rowing provides a rhythmic, meditative experience on the water or gym, promoting stress relief and relaxation.
- **Pilates:** Practice Pilates exercises to improve flexibility, strength, and posture while focusing on controlled movements and mindful breathing to alleviate stress and tension.
- **Tai Chi:** Practice Tai Chi, an ancient Chinese martial art focused on slow, flowing movements and deep breathing. Tai Chi promotes relaxation, balance, and mindfulness, making it an effective stress-reduction practice.
- **PiYo:** PiYo is a dynamic fitness program that combines the muscle-sculpting benefits of Pilates with the flexibility and flow of yoga, offering a high-energy, low-impact workout designed to strengthen muscles, improve flexibility, and enhance overall fitness in a fun and engaging way.

# ADHD-Friendly Ways to De-Stress (\*these work for neurotypicals, too.)



## Sensory Engagement

\*Great for kids

- **Sensory Exploration:** Create a sensory kit filled with items of different textures, shapes, and smells to engage the senses and promote relaxation.
- **Sensory Play:** Engage in sensory play activities such as kinetic sand, water beads, or slime to stimulate the senses and promote relaxation.
- **Sensory Calming Tools:** Use sensory tools such as weighted blankets, sensory swings, or noise-canceling headphones to provide comfort and reduce sensory overload.
- **Sensory Diet Planning:** Develop a personalized sensory diet incorporating activities that provide sensory input and help regulate arousal levels throughout the day.
- **Sensory Calming Bottles:** Create calming bottles filled with glitter, beads, or other small objects to provide visual stimulation and relaxation.
- **Sensory-Friendly Clothing:** Choose clothing made from soft, comfortable fabrics. Avoid items with tags or seams that may cause sensory discomfort.
- **Sensory Swings:** Install a sensory swing in your home or outdoor space to provide vestibular input and promote relaxation.
- **Sensory Walks:** Take sensory walks in nature or urban environments, focusing on engaging all senses to promote mindfulness and reduce stress.
- **Sensory Relaxation Room:** Design a sensory-friendly room with soft lighting, calming colors, and comfortable seating to create a soothing environment.
- **Sensory Eating:** Sensory eating involves using your senses while eating. Chewing various types of food involves taste, texture, motor control, and smell.
- **Sensory Playdough:** Make homemade sensory playdough using scented or textured ingredients to engage the sense of touch and promote relaxation.
- **Sensory Storytime:** Create sensory experiences with tactile books, sensory bins, and interactive storytelling to engage multiple senses and reduce stress.
- **Sensory Breaks:** Take regular sensory breaks throughout the day to engage in calming activities such as stretching, deep breathing, or using sensory tools.



*There are more than 5 Senses- Tap into all of them.*



# ADHD-Friendly Ways to De-Stress (\*these work for neurotypicals, too.)



## Creative Expression

- **Music Jam Sessions:** Play musical instruments or create music playlists tailored to your mood to express emotions and alleviate stress.
- **Artistic Expression:** Explore different forms of artistic expression, such as painting, drawing, or sculpting, to channel creative energy and reduce stress.
- **Doodle:** Let yourself draw freely, freeform. Helpful during meetings or in school.
- **DIY Crafts:** Engage in DIY crafting projects such as knitting, crocheting, or jewelry making to foster creativity and relaxation.
- **Comedy Shows or Improv:** Watch comedy shows or participate in improv comedy sessions to laugh, relieve stress, and boost mood.
- **Adult Coloring Books:** Get lost in intricate designs and patterns while coloring in an adult coloring book to calm your mind and reduce stress.
- **Comedy Podcasts:** Listen to comedy podcasts or stand-up comedy routines to laugh, relieve tension, and boost mood.
- **DIY Sensory Room:** Create a sensory-friendly space in your home with items like bean bag chairs, weighted blankets, and calming lighting to provide a soothing retreat.



## Technology-Assisted Relaxation

- **Virtual Reality Relaxation Environments:** Explore virtual reality apps or experiences designed to create immersive and serene environments, allowing you to escape from stressors and unwind in virtual landscapes.
- **Relaxation Podcasts:** Listen to relaxation-focused podcasts that feature guided meditations, soothing music, and discussions on stress management and self-care, providing valuable insights and techniques for relaxation.
- **Mindfulness Gaming Apps:** Play mindfulness-based gaming apps incorporating relaxation exercises, breathing techniques, and mindfulness challenges to promote stress relief and mental well-being through gamified experiences.
- **Relaxation Apps for Wearable Devices:** Download relaxation apps for wearable devices such as smartwatches or fitness trackers, which offer features like guided breathing exercises, stress tracking, and relaxation reminders to support your well-being throughout the day.

# ADHD-Friendly Ways to De-Stress (\*these work for neurotypicals, too.)



## Social and Interactive Activities

- **Friendship Friday or Saturday Stroll:** Connect with family or friends weekly to take in some Vitamin- C, Connection!
- **Virtual Socializing:** Connect with friends or support groups online through video calls, social media, or online forums to share experiences and receive emotional support.
- **Online Book Club:** Join an online book club or reading community where you can engage with others in discussions about books, share reading recommendations, and connect with fellow book lovers for a relaxing and intellectually stimulating experience.
- **Random Acts of Kindness:** Perform random acts of kindness for others, such as paying for someone's coffee or leaving encouraging notes in public places, to boost your mood and reduce stress through altruism.
- **Virtual Movie Nights:** Host virtual movie nights with friends or family, using streaming platforms or synchronized movie-watching apps to watch films together simultaneously. Choose a theme, genre, or series to binge-watch, and enjoy movie discussions and commentary in real time.
- **Digital Pen Pals:** Connect with digital pen pals worldwide through online platforms or social media groups dedicated to pen pal exchanges. Exchange letters, emails, or digital messages to share experiences, thoughts, and interests, fostering meaningful connections and friendships.



## Relaxation Techniques

- **Mindful Eating:** Practice mindful eating by savoring each bite paying attention to taste, texture, and sensations to promote relaxation and reduce stress.
- **Guided Imagery Meditation:** Listen to guided imagery meditation recordings to visualize calming and peaceful scenes, promoting relaxation and stress reduction.
- **Progressive Muscle Relaxation:** Practice progressive muscle relaxation techniques to systematically tense and release muscle groups, promoting relaxation and stress relief.
- **Breathing Exercises:** Practice deep breathing exercises such as diaphragmatic breathing or box breathing to calm the nervous system and reduce stress.
- **Laughter Yoga:** Participate in laughter yoga sessions where you engage in laughter exercises and deep breathing techniques to relieve stress and boost mood.
- **Aromatherapy:** Use essential oils or scented candles with calming aromas such as lavender, chamomile, or eucalyptus to create a soothing atmosphere and reduce stress.
- **Gratitude Practice:** Take a moment to reflect on things you're grateful for, whether small victories, supportive colleagues, or moments of joy throughout the day.
- **Positive Affirmations:** Repeat positive affirmations to yourself silently or aloud to counteract negative thoughts and promote self-confidence and resilience.

# ADHD-Friendly Ways to De-Stress (\*these work for neurotypicals, too.)



## Other Novel Activities

- **Novelty Exploration:** Seek new and novel experiences, hobbies, or activities to stimulate curiosity and distract from stressors.
- **Urban Exploration:** Embark on urban exploration adventures to discover hidden gems, architectural wonders, and unique environments while staying active and engaged.
- **Power Napping:** Take a short power nap during your break or lunchtime to recharge and rejuvenate.
- **Gardening:** Spend time gardening, whether tending to a flower garden, vegetable patch, or indoor plants. Digging in the soil, planting, and nurturing plants can be therapeutic and grounding.



A 2018 study reported Animal Assisted Interventions (AAI) led to greater improvements in how children with ADHD saw themselves, behaved, and performed academically compared to usual methods, hinting that more research is needed to understand exactly why this happens and how it could help kids with other similar disorders, too. Your pet may have a positive effect on you, too.



# DETOX FROM CORTISOL

As mentioned, **cortisol** is released by the body in response to stress. While various activities can help reduce cortisol levels, some methods are particularly effective. Here are a few high-impact strategies that have shown can efficiently lower cortisol levels:

- **High-Intensity Interval Training (HIIT):** HIIT workouts involve short bursts of intense exercise followed by brief rest periods. Research suggests that HIIT can effectively reduce cortisol levels while improving cardiovascular fitness and overall health. The intensity of HIIT prompts a significant physiological response, leading to the release of endorphins and other hormones that counteract cortisol.
- **Mindfulness Meditation:** Regular mindfulness, such as meditation and deep breathing exercises, can help regulate the body's stress response, promoting relaxation and emotional well-being.
- **Aerobic Exercise:** Moderate to high-intensity aerobic exercise, such as running, cycling, or swimming stimulates the production of endorphins, promoting happiness and relaxation while improving cardiovascular health.
- **Social Support and Interaction:** Social support, connection with friends, family, or loved ones, and engaging in social activities provide emotional reassurance, encouragement, and distraction from stressors, promoting overall well-being.
- **Quality Sleep:** Adequate and restful sleep is essential for regulating cortisol levels and maintaining overall health. Chronic sleep deprivation can lead to elevated cortisol levels and increased stress. Prioritizing sleep hygiene practices, such as maintaining a consistent sleep schedule, creating a relaxing bedtime routine, and optimizing your sleep environment, can help promote restorative sleep and lower cortisol levels.
- **Regular Physical Activity:** Consistent engagement in physical activity, whether through structured exercise routines or daily movement, can help regulate cortisol levels and reduce stress. Regular physical activity releases endorphins and other neurotransmitters that counteract cortisol, improving mood and stress resilience.
- **Tai Chi:** Tai Chi is a mind-body practice that combines gentle movements, deep breathing, and meditation to reduce stress and promote relaxation. Regular Tai Chi practice has been shown to lower cortisol levels and improve mood.



# DETOX FROM CORTISOL

- **Healthy Eating Habits:** A balanced diet rich in whole foods, including fruits, vegetables, lean proteins, and healthy fats, can support optimal hormone balance and reduce cortisol levels. Avoiding excessive consumption of caffeine, refined sugars, and processed foods can help prevent spikes in cortisol associated with stress and inflammation.
- **Yoga:** Yoga combines physical postures, breath control, and meditation techniques to reduce stress and improve overall well-being.
- **Massage Therapy:** Techniques such as Swedish massage, deep tissue massage, and aromatherapy massage are particularly effective in promoting relaxation and stress relief.
- **Deep Breathing Exercises:** Deep breathing exercises, such as diaphragmatic or box breathing, promote oxygenation, reduces muscle tension, and calms the mind.
- **Nature Exposure:** Nature exposure such as, hiking in the mountains, walking in the park, or sitting by the beach has a calming effect on the nervous system and promotes feelings of relaxation and well-being.
- **Laughter Therapy:** Engaging in activities that induce laughter, such as watching a funny movie, attending a comedy show, or spending time with humorous friends, can help alleviate stress.
- **Progressive Muscle Relaxation (PMR):** PMR is a relaxation technique that involves tensing and relaxing different muscle groups.
- **Acupuncture:** Acupuncture, an ancient Chinese therapy, involves inserting thin needles into specific points on the body to promote balance and healing.

While these strategies have been proven to effectively reduce cortisol levels and mitigate the effects of stress, it's essential to find activities and practices that work best for your individual needs and preferences. Combining these approaches into daily life can help promote overall health, well-being, and stress resilience. Mix it up and find your ways to filter out stress. You know yourself best.



**Thought Provoker:** Reflect on a time when you felt truly relaxed and at peace—what factors contributed to that feeling, and how can you recreate it in your current life?

# Upcoming Coaching Opportunities

## GROUP COACHING TO TRAIN YOUR BRAIN

How can you be patient when the results you need now are not coming as fast as you want? Practicing mindfulness to get a handle on your self-talk improves self-confidence, relationships with others and self while offering space to move towards your needs and wants. Mental fitness gives you the power to shift from the stress in life's chaos, especially with ADHD-wiring. You can create calm with conscious practice in finding the present.



**Enrollment is now open for "ADHD Saboteur Shifters"**

10- 1-hour Group PQ Coaching Sessions

Tuesday's at 12pm EST, June 18 - September 10, 2024

1- Access Pass to Positive Intelligence Program for 1-Yr

Limit 6 participants per group

Fill out your application [here](https://forms.gle/MFPgGGXBtyK8aRag8) (<https://forms.gle/MFPgGGXBtyK8aRag8>)

Prefer to go alone? Contact Coach Cindy for personalized PQ Coaching.

**\$850**

## Group Coaching Opportunity for Women with ADHD

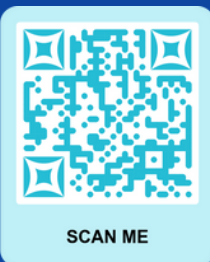


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A 6-session Coaching Engagement Starting June 21, 2024

Includes: 5 - 1- hour Group Sessions, Plus 1 - 30-minute Private Coaching Session, and Curated Resources



**\$349**

**LEARN MORE**

## Hello

Thank you for joining me. My name is Cynthia North, but people know me as Cindy. I am an ACC Credentialed Life Coach with the ICF as a Certified ADHD Life Coach (CALC) and Certified PQ Coach™ (CPQC) with 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 ADHDers and stuck people 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 or without ADHD. I believe everyone is worthy of stepping forward out of stuck.

ADHD has touched me personally and professionally.

I know first-hand how ADHD symptoms and behavior can wreak havoc on family dynamics, school, and work success. I chose to become a Certified ADHD Life Coach as well as a member of Positive Intelligence® as a Certified PQ Coach™ because I want others to discover their 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 serving people who want different and deserve ease and flow.

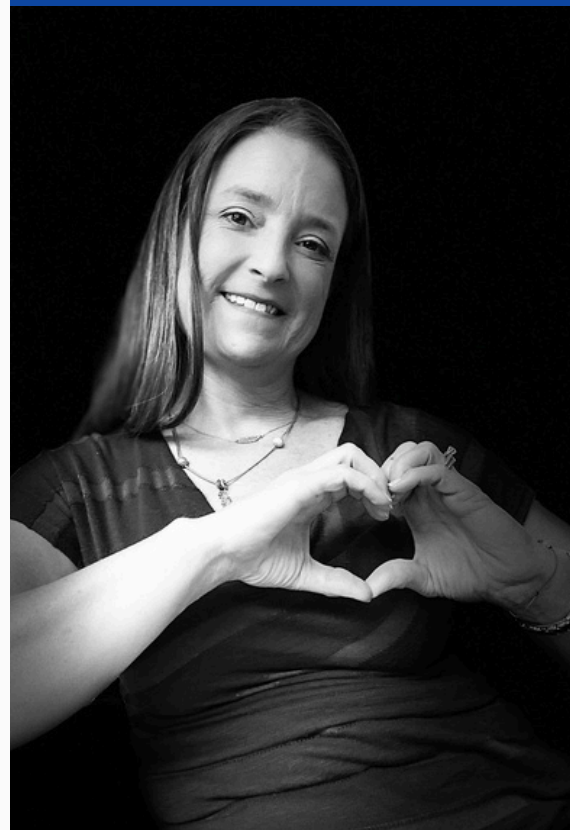
Life experiences have made way for opportunity. I am on a journey to slay stigmas surrounding brain differences. Finding a Life Coach to empower my child led me to become a Certified ADHD Life Coach myself to serve others past their stuck ways and ADHD stigmas. Choosing to strengthen your inner self is where Empower M3 starts. The work is an inside job where your "M3" 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 your discovery starts today.

ADHD is not  
something you  
outgrow. ADHD  
is something  
you grow with.

— CINDY NORTH,  
LIFE COACH AND AUTHOR



## Resources

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### Disclaimer:

The uPLifted Series is not provided to diagnose or treat Attention Deficit Hyperactivity Disorder or any other mental illness. The information included in each 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. I am not affiliated with any product suggested in this publication nor do I receive any compensation from the associated businesses or products. Please consult with your medical professionals only using this information as you see fit.



What do you know now?

## Notes & Takeaways

