

# ADDITUDE

Strategies and Support for ADHD & LD



THE FUTURE OF SCHOOL  
The Latest Learning  
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ADHD DIET**

**ADHD & AUTISM:  
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TEACH KIDS TO  
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**TIPS TO LAUNCH  
YOUR TEEN INTO  
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*plus*

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## How to ADHD in 2020

**A new blueprint for  
getting organized,  
healthy & happy**

**READERS SHARE** your proudest moment in advocating for your ADHD

\$6.95 U.S. / \$9.50 Canada  
VOLUME 21, ISSUE 1



Display until Nov. 1, 2020

## How to Get Unstuck

**W**HEN YOU CAN'T SEEM TO START YOUR DAY and get into gear, don't judge yourself harshly. Use one, two, or three of these seven daily intentions to move forward.

### **1 DO SOMETHING FOR YOUR BRAIN.**

Help your child with their online learning or teach them a new life skill (I have a client who is working through the auto manual with her 16-year-old son), read a book, learn a new skill, or dust off an old one. Do something that requires some heavy mental lifting.

### **2 DO SOMETHING FOR THE HOUSE.**

Whether it's cooking a meal, creating your monthly budget, paying bills, or planting your spring garden, make sure that every day you put in some "house time."



### **3 DO SOMETHING FOR YOUR BODY.**

Whether it's a virtual yoga class, going for a walk, eating healthy, or morning meditation, the way you treat your body affects your ADHD brain. Engage and invigorate your brain with a walk in the fresh air or do a dance cardio workout in your living room.

### **4 DO SOMETHING FOR YOURSELF.**

I firmly believe that self-care is more important than ever—whether it be relaxing in a bubble bath, catching up with friends on a Zoom call, or indulging in your favorite ice cream (OK, that's mine!). Building "you time" into your day is not selfish

but essential and medicinal. Taking care of yourself allows you the brain power to take care of others!

### **5 DO SOMETHING FOR SOMEONE ELSE.**

This one is my favorite. Our desire to help and support each other—from our immediate family to our

community—is powerful. Not only does it enrich our lives, it also keeps us happy and filled with purpose.

### **6 DO SOMETHING FOR YOUR SPACE.**

Making beds, doing laundry, and, yes, cleaning can provide some much-needed order. Performing small daily tasks will give you small successes, building the confidence muscle you need to tackle larger, more daunting projects!

### **7 DO SOMETHING FOR YOUR GOALS.**

Balance your focus between today and what comes next. This is critical to your wellbeing. It is impossible to precisely plan; we can't predict the "when." But working toward our goals gives us the control to be ready when it does. —LESLIE JOSEL