

Survival Tips for Overwhelmed Parents

As a certified ADHD coach who also happens to have ADHD, I know from personal experience about the many superpowers that our uniquely wired brains possess. Our creativity and ability to hyper-focus are some examples of these gifts. However, ADHD has its challenges such as not being able to follow through, be on time, or be organized, which can lead to not only being hard on ourselves, it can create chaos in our lives. It was especially challenging when I became a mom with three kids, and my "To-do lists" felt endless. I love sharing these 7 strategies that helped me beat my feelings of overwhelm, and take control of my life.

Feeling Overwhelmed? Top 7 Things Parents with ADHD Can Do Now:

1. **Fun first.** Start the day by doing something you enjoy. This creates interest, which is an important way to stimulate the ADHD brain. Positive thoughts create endorphins that engage our brains and create forward momentum. We were taught to get the things we don't like out of the way first, but really the opposite is true.
1. **Break it down.** Do a brain dump of everything you have on your plate, so they are out of your brain and on paper. Grab your calendar and assign a home for only 1-2 tasks each day. Block it off. If a conflict arises, move it to a different day. Breaking it into chunks makes it feel more manageable, and knowing that each task has a home gives you more peace of mind..
2. **Give yourself permission to focus.** It's okay to stay focused on that one task. Keep a post-it note handy that says, *I'm working on this now*. And a second one that says, *I will be ok*. Our outlier brains are always tempted to add more things for us to do, thinking they will just take a minute, but multitasking doesn't work, it just creates more chaos.
3. **Get help.** You don't have to do it alone. Getting support is extremely energizing. Who can you enlist? Teamwork and brainstorming can be fun and social. *Body doubling* is when someone sits in the same room as you as you work. Just having a body there alone has been proven to be really motivating.
4. **Reframe self-talk.** Instead of being focused on the fact that you *never* follow through, zero in on the parts you *did* do. Focus on the journey and the things learned along the way, even if it wasn't finished. Paying attention to the *positives* are the thoughts that help you move forward.
5. **Celebrate success.** We need to work hard to remind ourselves of the positives by keeping a *success diary*, or *progress journal* so we see the evidence of it. Counteracting negative stories changes the chemicals that are coming into our brains, and alters our neural pathways.
6. **Self-care.** Are you getting the sleep, nutrition and aerobic exercise you need to function at your best? We are so busy attending to the needs of our family.

Create a checklist to remind you to take care of *you*. It can make a big difference in your energy level and overall state of mind.

What are you willing to try? I look forward to hearing your results!



Meet Julie Kliers, ADHD Coach

Julie is a certified coach, trained at the ADD Coach Academy, and received her BFA from Boston University. She provides ADHD coaching services to adults, parents, and teens in the area of executive functioning. Julie is deeply passionate about working with individuals who want to better understand themselves and learn to create ways to move forward in their lives. To learn more about how to empower yourself with ADHD, you can book a free

consultation by clicking this link <https://app.acuityscheduling.com/schedule.php?owner=20401594>. or email Julie at Julie@jadhdcoach.com.