

SHARE:

[Join Our Email List](#)



April 1, 2021



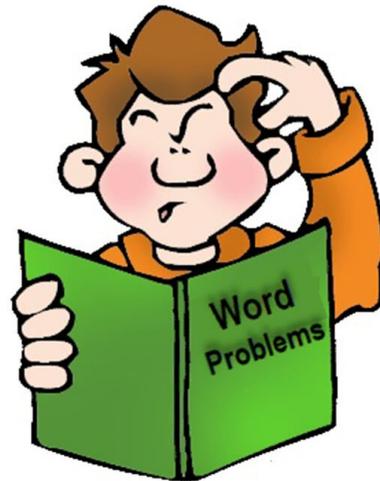
Brought to you by [TIME TIMER](#)

ADHD & Word Problems: Hate Them or Embrace Them

The dynamic of solving ADHD problems is not so simple. That's why the term "word problems" is a great metaphor to understand the plight of those with ADHD. They're always looking for tips, tricks, and strategies to manage their challenges.

Consequently, with so many variables from person to person and situation to situation, those with ADHD are drowning in a sea of equations (or word problems).

From my perspective, the ADHD coaching industry was born out of the need to help derive equations to solve word problems, and there are specific steps to identify those variables and derive an equation.



If you struggle with ADHD and dislike word problems, you have to start by eliminating the overwhelm from the process. To learn more about developing that skill, read my blogpost, "**ADHD and Word Problems: Hate Them or Embrace Them.**" Here's the link: www.digcoaching.com/word-problems/

Warmly,
Jeff Copper
ADHD and Attention Coach

Our Sponsors



Visit Their Website



Visit Their Website



Visit Their Website

Latest Podcasts



Brought to you by [CHADD](#)

[ADHD and Black Lives: Culture Matters](#)

ADHD doesn't discriminate. It impacts every race, gender, and ethnicity. The question is whether Black lives are underserved with regard to ADHD. Dr. Larry A. Jones (www.enabletables.com), discusses the ADHD culture, the need for awareness, and the necessity for thought leaders in the Black community to become educated about the impact of untreated ADHD. If this description evokes a strong feeling, emotion, or curiosity about how Black lives with ADHD are treated, we hope you will be inspired to help the underserved gain greater awareness of how ADHD can impact their lives.



[ADHD and Thinking: A Context to Understand Focus Problems](#)

Think about it. ADHD impacts executive functioning. Thinking is an executive function. Could thinking be the core issue when it comes to ADHD? ADHD coach Cathy Rashidian (www.readysetchoose.com) discusses the nature of thinking, what is hard about thinking, how thinking impacts focus, how relieving thinking helps with focus issues, and the "why" behind what works for those with ADHD. If you struggle with focus and are curious about how to look at ADHD, listen to understand "why" ADHD is a challenge.



[ADHD and the Glamorization of Technology](#)

Is technology the be-all/end-all for those with ADHD? For some, it can be very helpful; for others, it can create havoc and overwhelm. In this episode of Attention Talk Radio, ADHD coach Jeff Copper (www.digcoaching.com) shares his experience around technology, what he sees each day in coaching those with ADHD, his perspective on apps and the burden that technology puts on working memory. He explains how the challenge of self-regulation draws those with ADHD to the promise of technology only to find it overwhelming.



[ADHD, Marijuana, THC, Weed, and Cannabis: Facts](#)



Talking about ADHD and marijuana, THC, weed, and cannabis and whether they help ADHD? The thing about marijuana isn't about what's happening. It's about what's NOT happening. In this episode of Attention Talk Radio, Dr. Roberto Olivardia discusses behind-the-scene issues related to the use of marijuana that are not obvious. He shares insight on what we should know in the context of using marijuana, as well as using it to help with effects of ADHD. If you have ADHD and consume cannabis, you need to listen to this podcast.



[ADHD and Dr. Barkley: Embracing Word Problems](#)

Those with ADHD struggle to find tips, tricks, and strategies to help them live a fulfilling life. In this episode of Attention Talk Radio, ADHD coach Jeff Copper (www.digcoaching.com) shares what he's learned in over 10 years of coaching and interviewing thought leaders such as Dr. Russell Barkley. He looks at word problems as a metaphor to bring context to solving ADHD problems and explains why the process seems so hard. He shares an approach to help you find what works in a more analytical way to understand the problem-solving process.



[ADHD: Methylphenidates, Amphetamines, and Non-Stimulants](#)

Got attention deficit hyperactivity disorder? Want to understand what medications are available, how they work, and why you might try one over another? Dr. Carolyn Lentzsch-Parcells (www.gtw-health.com) discusses medications that may be prescribed for ADHD. She focuses on the types and classifications of ADHD medications, what their differences are, and why certain medications might be chosen over others. She also helps us to understand the process of prescribing the medications.



Latest Videos



Brought to you by [ADDCA Coach Training](#)

ADHD: What Do Ability and Disability Look Like?

Those with ADHD struggle often. They look at ADHD as a deficit and/or a disability. In this video, ADHD coach Jeff Copper (www.digcoaching.com) shares examples of what a disability looks like and what ability looks like. In the process, he illuminates how often it's your own attention that's getting in the way of your focus problems by more narrow-minded thinking or limiting beliefs. If you're stuck and don't realize that you have the power to open your mind and find your abilities and disabilities, check out this video. <https://youtu.be/HDQ949Fsih4>

Click the image below to view the video.



Is Your
Attention
the
Obstacle?





Obstacle:

Jeff Copper
ADHD and
Attention Coach



ADHD to Infinity... I mean, Bed, Bath, and Beyond

Sometimes people with ADHD do the darndest things. In this video, ADHD coach Jeff Copper (www.digcoaching.com) shares a true story about one of his clients who took control of her ADHD and organized her bathroom products in a Bed, Bath, and Beyond store. If you like to be entertained, want to laugh, but also want to understand what creativity looks like and how ADHD solutions come about, don't miss this video. <https://youtu.be/x3pDSv4CKSA>

Click the image below to view the video.

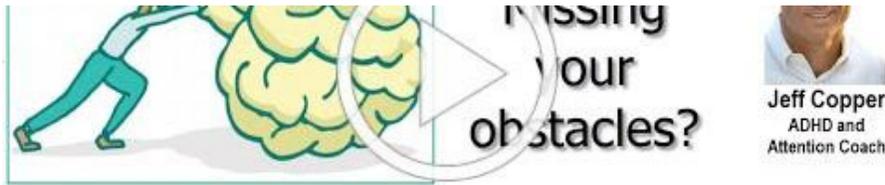


ADHD and Obstacles: A Love-Hate Relationship

Are obstacles a bad thing or can they be a good thing? In this video, ADHD coach Jeff Copper (www.digcoaching.com) shares a quote from Dr. Russell Barkley on one of his interviews on Attention Talk Radio. In the interview, they talked about how society is removing obstacles that help people with ADHD manage themselves and their ADHD. If you want to gain insight to some of the challenges you face that make it harder for those with ADHD, this is a video you won't want to miss. https://youtu.be/jP_2v-bCa8I

Click the image below to view the video.





Jeff Copper
ADHD and
Attention Coach

ATTENTION  TALK VIDEO

www.attentiontalkvideo.com

ADHD, DIY, and Help: Knowledge vs Knowledge with Insight

Dr. Ned Hallowell has said if you get a proper ADHD diagnosis and treatment, with help, you can live a very fulfilling life. Many of those with ADHD get the diagnosis and forage for information on ADHD by reading books or searching the Internet but, yet, continue to struggle. They don't seek help till they hit rock bottom. Knowledge is great but the trick really is to implement and activate to accomplish your goals. In this video, ADHD coach Jeff Copper (www.digcoaching.com) shares insights and an analogy to help put this in perspective. All too often, those with ADHD try to go it alone only to find themselves with nowhere else to go without seeking help to get the resources they need. If you struggle with the idea of getting help or think you can do it on your own, this is a video you won't want to miss. <https://youtu.be/1xy5ihANRHc>

Click the image below to view the video.



Jeff Copper
ADHD and
Attention Coach

ATTENTION  TALK VIDEO

www.attentiontalkvideo.com

ADHD and YouTube

Those with ADHD struggle with self-regulation. As the second most popular search engine on the Internet, YouTube has an incentive to show you videos that are of particular interest to you. In this video, ADHD coach Jeff Copper (www.digcoaching.com) talks about ADHD and YouTube and what you should know in order to manage yourself and your ADHD. If you spend a lot of time on YouTube and struggle with procrastination, this is a video you'll want to watch. https://youtu.be/sP3ZrX3_1P0

Click the image below to view the video.



ADHD: Getting Organized about Organization

Got ADHD? Disorganized? Want to get organized? In this video ADHD coach Jeff Copper (www.digcoaching.com) shares his meta insights around organization. He identifies the two levels of organization, what is most often overlooked, the specific challenges, and what you need to know that you likely don't realize. If you keep trying to get organized and are struggling, this video will help you gain valuable context that can help you problem-solve. <https://youtu.be/BVfOFBn32G8>

Click the image below to view the video.



ADHD: A Combined Time Management and Motivational Tool

Got ADHD? Struggling to manage time? Struggling to stay focused on goals? In this video, ADHD coach Jeff Copper (www.digcoaching.com) interviews Heather Rogers, co-owner of Time Timer (www.timetimer.com). They discuss the benefits of the Time Timer® combined timer and whiteboard product as a tool to keep your goals and the passage of time at the top of mind. If you're struggling with time management, staying focused on your goals, and what you are doing right now, check out this interview for a tool that can help. <https://youtu.be/YDHTPYowZGk>

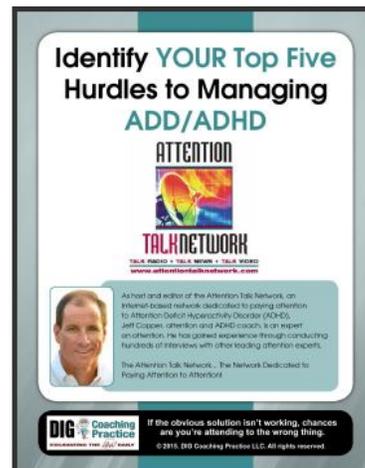
Click the image below to view the video.



Thank you for watching. New videos are released weekly, so [subscribe](#) today and tell your friends about us.

Attention Talk Video... Your ADHD Information Station!

Other Stuff



Attention Talk News is part of the Attention Talk Network that includes sister channels Attention Talk Radio and Attention Talk Video.

To learn more, visit our Websites at www.attentiontalkradio.com and www.attentiontalkvideo.com.

If you like what you are learning from this newsletter, pass it on to a friend.

Attention is as simple as it is complex to understand. The key is this: If your attention is focused on the wrong thing, you'll get the wrong solution! **Our aBook** (the "a" is for attention) gives you **five key insights on managing attention and ADD/ADHD** learned from conducting over 500 interviews with attention experts.

Get the aBook

If you have suggestions for something you want to see in the newsletter, email them to us at Attention@AttentionTalkRadio.com