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ADHD: Climbing the Hill for a Better View

The COVID pandemic has tilted our floor and is having a huge impact on those with ADHD. New digital learning and work platforms and the lack of social interaction and face-to-face collaboration have made it significantly more difficult for those with ADHD to self-regulate and have become more disengaged with the world. As a result, we're seeing a loss of productivity and learning.

Those who lack self-awareness, effort, emotion, and willpower have no go-to strategy to survive an adversarial challenge. Metaphorically, those who are self-aware will spend the time and energy to climb the hill because they know, when they get to the top, they can get back to what works.



If trying harder isn't working for you, read my blogpost, "**ADHD: Climbing the Hill for a Better View.**" Here's the link: www.digcoaching.com/climbing-the-hill/

Warmly,
Jeff Copper
ADHD and Attention Coach

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Latest Podcasts



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[ADHD, College, and Procrastination: A Lack of Cognitive Skills](#)

When you think about it, observable behavior is a kind of shadow of cognitive behavior that is influenced by cognitive constraints. Question is, what role do cognitive constraints and cognitive behavior have on procrastination? In this episode of Attention Talk Radio, ADHD Coach Jeff Copper (www.digcoaching.com) has an informative conversation with Leslie Josel (www.orderoochaos.com) on her experience with students and procrastination. In terms of cognitive behavior and cognitive skills, we assume college students have them but often don't. Jeff and Leslie discuss how this assumption relates to procrastination. If you or a loved one is a college student who procrastinates, be sure to listen to this show.



[ADHD and the Social Dilemma: It's about Self-Awareness](#)

Self-restraint is an executive function. Self-restraint is born out of self-awareness, which is something those with ADHD struggle with. Collectively self-awareness and self-restraint result in self-regulation. Social media, politicians, the news media, and corporate America prey upon this challenge. In this episode of Attention Talk Radio, ADHD coach Jeff Copper (www.digcoaching.com) talks about the Netflix documentary "The Social Dilemma" and illuminates how your own psychology is being used against you. Jeff talks about the need to look at yourself in the third person and use the documentary as a means to help you realize the spell being cast on you to get you addicted for their profit. The show is about creating self-awareness to manage yourself. If you have or are impacted by ADHD, you need to hear this episode.



[ADHD and Tutoring: Help through the Pandemic and into the Future](#)

ADHD is not so much a deficit of attention, but rather an issue of self-regulation with thinking challenges. In this episode of Attention Talk Radio, ADHD coach Jeff Copper (www.digcoaching.com) interviews Dr. Daniel Franklin (www.franklined.com) about thinking and the process of learning. They talk about foundation principles around learning and the role social interaction plays in the process. They also discuss the role tutoring plays in making thinking easier to facilitate learning and increase productivity in those with ADHD.



They highlight the challenges of the current pandemic and the fact that many with ADHD have been isolated and actually are now having to learn in a most difficult way. Unfortunately, they're focusing on tips, tricks, and strategies when they should be facilitating the environment. If you have ADHD and you're struggling with thinking and learning, this show will give you something to think about.

[ADHD: Thinking and Mental Effort](#)

We think of ADHD as a deficit of attention. As we learn more and more, we find it's more an issue of self-regulation. Many episodes on Attention Talk Radio have highlighted the role working memory plays in ADHD. In this episode, ADHD coach Jeff Copper (www.digcoaching.com) interviews Dr. John Eastwood of York University and www.BoredomLab.org. They have an open and frank conversation about thinking, mental effort, and the challenges posed to those with ADHD, as well as the urge to escape. With effortful thinking, the idea is to put a spotlight on understanding that it's not always a focus problem. Often, focusing on making the thinking part easier will make it easier to self-regulate. If you have ADHD and struggle with executive functioning, this is a show you won't want to miss.



[ADHD and Procrastination: So Simple Yet Complicated](#)

Got ADHD? Do you procrastinate? Does the root of the problem come down to motivation or willpower? Could it be that the root of procrastination is often complex? Think about it... ambiguity, trial-and-error thinking, an overburdened ADHD working memory. Have you ever stopped to dissect what is really going on? Or do you just shame yourself using names like "procrastinator," "unmotivated," or "lazy"? In this episode of Attention Talk Radio, ADHD coach Jeff Copper (www.digcoaching.com) and Elaine Taylor-Klaus, parent coach and advisor to parents of complex kids (www.impactparents.com), dig into and analyze what is happening behind the scenes when you procrastinate. Listen as Jeff and Elaine blow you away with an understanding of the complex challenges of even simple tasks, like buying gifts for the holidays. They share strategies and talk about why some of them work and others don't and why the same strategy won't work for everyone. If you want to feel the calm and peace of judging yourself positively given what you are up against, be sure to listen to this show.



[Managing ADHD Meds and the Healthcare System: A Lived Experience](#)

Those with ADHD struggle to manage themselves, especially within the system society has built. In simple terms, it is easy for society if you do it their way. In this episode of Attention Talk Radio ADHD coach Jeff Copper (www.digcoaching.com) has a conversation with an anonymous individual who has ADHD and is struggling to manage her medications based on systems built by healthcare, pharmacy, and government. She shares her lived experience, as well as her struggles within the context of ADHD, and Jeff helps her to brainstorm a solution. If you have ADHD and find it hard to work within society's system, this show is for you.



Latest Videos



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ADHD and Temptation: The Problem Beneath the Problem

Those with ADHD struggle with procrastination, time management, finishing tasks, being

overwhelmed, and more. On the surface we chunk things down, set alarms, do sprints, and calm down to breathe. In the end, are those solutions addressing the core problem? What is the core issue? The issue beneath the issue? In this video, ADHD coach Jeff Copper (www.digcoaching.com) talks about the core issues and the one thing that requires mindfulness and self-awareness to manage. If you have ADHD and need insights, watch this video: <https://youtu.be/RuAqr7ZtYLA>

Click the image below to view the video.



ADHD and Self-Awareness: A Paradox

ADHD comes down to self-awareness; however, many of those with ADHD struggle to be self-aware. Why? In this video ADHD coach Jeff Copper (www.digcoaching.com) discusses the topic and the concept of a paradox to gain some understanding around those who focus on what they believe things should be rather than acknowledging their lived experience. If you're impacted by ADHD, invest a few minutes in this video: <https://youtu.be/zPmKmLeFFqo>

Click the image below to view the video.



ADHD: Are Your Emotions Bullying You?

Those with ADHD struggle with self-regulation. Most pay attention to what you can't pay attention to because of the appearance and the perspective with which they're judging. Are there dangers in focusing on appearance-based behavior in terms of solving problems? In this video ADHD coach Jeff Copper (www.digcoaching.com) talks about the real drivers and what you should pay attention to when it comes to your behavior. It's difficult to witness cognitive behavior, even though it has a direct influence on your visible behavior. Structures don't work when there's not an alignment. Pay attention because visual behaviors do not address the cognitive behaviors, and you'll find yourself stuck. Address the cognitive behaviors, and you might find success. If you have ADHD, watch this video to get a sense of what to pay attention to: <https://youtu.be/RnIKLGhyaxw>

Click the image below to view the video.



ADHD: Getting Started at Work and School

ADHD is not so much a deficit of attention, but rather an issue of self-regulation with a working memory challenge. We all talk about memory problems, but rarely do we address the underlying issues, which often is an issue with working memory. In this video, ADHD coach Jeff Copper (www.digcoaching.com) talks about the value of the commute to school or to work. He speaks specifically about the invisible benefits of being forced to spend some time in a car and daydreaming about your day as a means to help your executive function and get your hands around things to get started. If you struggle working or studying from home, or struggle just to get started, this is a video you won't want to miss: <https://youtu.be/wWRhJMUoeWw>

Click the image below to view the video.

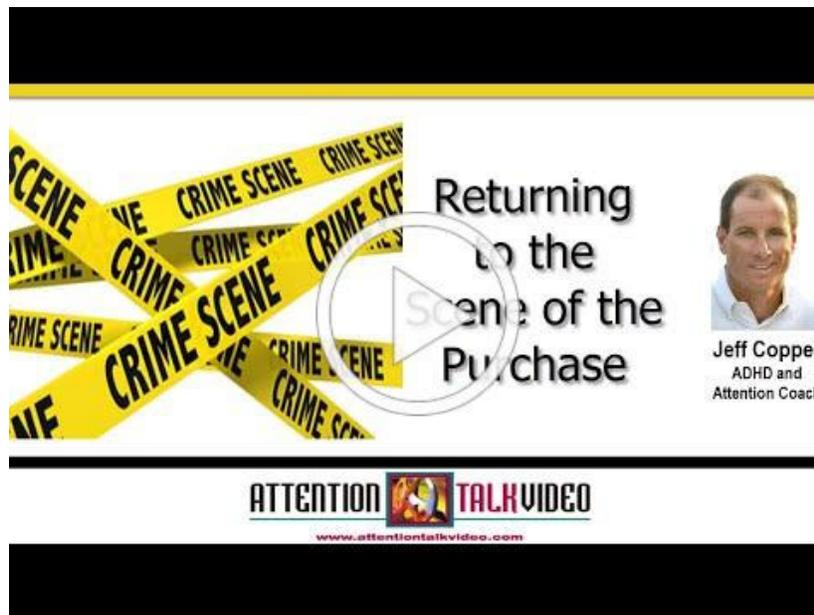




ADHD and Returning Purchases

Those with ADHD know what to do, but they struggle doing what they know to do. One of the challenges of ADHD is doing things that are repetitive and boring or that are out of the way, or just keeping track of things. In this episode of Attention Talk Video, ADHD coach Jeff Copper (www.digcoaching.com) talks about ADHD, the condition, the nature of returning purchases, and the realities of ADHD. If you have ADHD and find you struggle with returns to stores, this is a video you won't want to miss: <https://youtu.be/AktuXR3My24>

Click the image below to view the video.



ADHD and the Value of Commuting to Work or School

Commuting sounds like a waste of time. Logically, isn't it more productive if we didn't have to travel to and from work and school? In this video ADHD coach Jeff Copper (www.digcoaching.com) highlights the invisible value that commuting to home and to school brings to those with ADHD. Most don't realize that a lot of the executive function thinking often happens when you're forced to pause on the way to work or school to think about what's ahead. These days, commuting is becoming less of a requirement as we work and study from home. Watch this video to understand why you're struggling to get

started working from home or other places whereas you didn't before: <https://youtu.be/CfGzLJ87ceY>

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.

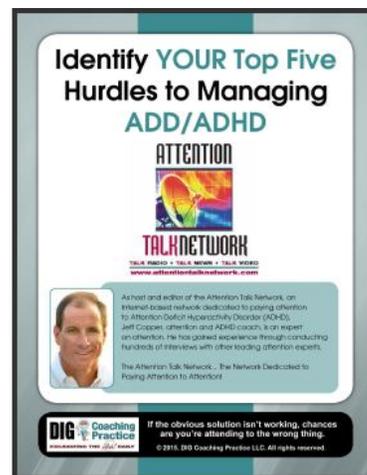
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Other Stuff



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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

www.attentiontalkvideo.com.

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

conducting over 500 interviews with attention experts.

Get the aBook

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