

10 INNER COACHING STRATEGIES

SKILLFULLY NAVIGATING LIFE'S CHALLENGES WITH ADHD

PLAYFULL AWARENESS

Keep returning to the present, observe without judgement. Develop meta-cognition & self-awareness by noticing the mind & body experiencing emotions & having thoughts.

1

#1 MINDFULNESS PRACTICE

#2 POWER OF THE PAUSE

2

SLOW DOWN

Take a deep breath. Connect with your body. Ask yourself, is my reaction or behavior right now aligned with my long-term goals or core values?

STAY CURIOUS

Embrace challenges as opportunities for growth & learning. Failures or mistakes are only steppingstones to success, are typical & necessary.

3

#3 GROWTH MINDSET

#4 SELF-COMPASSION

4

BE KIND TO YOURSELF

Validate & normalize emotions & behavior. Recognize self-criticism & shame as unhelpful. What we say influences how we think & feel. Imagine you are instead speaking to your best friend.

IDENTIFY STRENGTHS

Notice what's working, recognize the wins & successes, even the small stuff. Do something just a little outside your comfort zone each day. Visualize, talk about & relive the sensory experience of success.

5

#5 BUILDING CONFIDENCE

#6 EMOTIONAL REGULATION

6

TAKE CARE OF SELF

Executive Function is difficult enough, it's almost impossible when we are stressed, overwhelmed, or in a shame spiral. Am I getting enough sleep, exercise, food or water? How can I add intentional breaks or other stress management practices?

OBSTACLES & STRATEGIES

Prepare for obstacles along the way. What's getting in my way? What tool or strategy can I use for this particular challenge? What is the first micro step that will help me move forward?

7

#7 PROBLEM SOLVE

#8 RESILIENCE

8

GET BACK UP AGAIN

Be flexible, adapt & bounce back from setbacks. ADHD is a life-long process, different tools & strategies work in different situations, at different times. Practice tolerating uncertainty & difficulty.

COMMUNICATION IS KEY

Let someone important know what works best for YOU. If you don't already know, experiment & note somewhere visible. Create SMART goals. Utilize accommodations when needed.

9

#9 SELF-ADVOCATE

#10 SEEK SUPPORT

10

CONNECTION IS A TOOL

You are not alone. There are mentors, coaches, community or support groups you can utilize for connection, encouragement & accountability.



Mindful ADHD Coaching

Cultivating Self-Regulation, Resilience & Skillful Problem Solving



Dana Crews

MA, ADHD-CCSP, MBSR, CALC

secondarrowadhdcoaching.com