

Resources

Here are some additional resources you may find helpful:

Apps

- **Headspace.** This app utilizes mindfulness and meditation to empower users to reduce their stress, improve sleep, and increase resilience. Through tools like guided meditation, sleep casts, mindful movement, focus exercises, and daily inspirations, Headspace provides a user-friendly pathway to manage stress and anxiety.
- **Insight Timer.** This app provides users access to free and paid meditations and yoga exercises any time of day or night. There are over 220,000 guided meditations for every level of experience.
- **My TOAD App™.** The purpose of the MY TOAD App™ is to assist individuals who struggle with executive functioning skills like time management, organization, accountability, and distractibility. Users will become more independent and successful at managing their daily academic, professional, and personal responsibilities. TOAD creates a customized plan of attack for each user utilizing a variety of tools related to time management, organization, accountability, and distractibility. To learn more, scan our QR code in the “Take Action!” section of this book.

Books

- **ADHD 2.0** by Edward Hallowell and John Ratey. The authors describe ADHD’s biological causes and its most prominent symptoms. They discuss ways to minimize ADHD’s downsides and maximize its benefits, such as finding the right kind of challenge to stay engaged and building a strong support network. Our commentary will provide further insight into what causes ADHD as well as what it’s like to live with the condition.
- **Driven to Distraction (Revised): Recognizing and Coping With Attention Deficit Disorder** by Edward Hallowell and John Ratey. Groundbreaking and comprehensive, this book has been a lifeline to the approximately eighteen million Americans who are thought to have ADHD. The authors explore the varied forms ADHD takes, from hyperactivity to daydreaming. They dispel common myths, offer helpful coping tools, and give a thorough accounting of all treatment options as well as tips for dealing with a diagnosed child, partner, or family member. But most importantly, they focus on the positives that can come with this

“disorder”—including high energy, intuitiveness, creativity, and enthusiasm. Now the bestselling book is revised and updated with current medical information for a new generation searching for answers.

- **Late Lost and Unprepared: A Parent’s Guide to Helping Children With Executive Functioning** by Joyce Cooper-Kahn and Laurie Dietzel. This book is dedicated to helping parents understand ADHD and help their children establish EF skills.
- **Nowhere to Hide: Why Kids With ADHD and LD Hate School and What We Can Do About It** by Jerome J. Schultz and Edward Hallowell. The author addresses the consequences of stress related to learning disorders and ADHD and the destructive repercussions of the stress on students’ academic, social, and emotional well-being. The book aims to inform parents about their children’s experiences while providing practical strategies that have been proven stress reducers in and out of the classroom.

Magazine

- **Attention Magazine.** CHADD’s bimonthly magazine provides information to individuals who have ADHD, their families, and educators.

Websites

- **CHADD (Children and Adults who have ADHD).** www.chadd.org. A website that provides resources, information, and support to children and adults who have ADHD and their families.
- **NIMH National Institute of Mental Health.** www.nimh.nih.gov. This government agency offers information about ADHD, including statistics, symptoms, and diagnosis.
- **CDC (Center for Disease Control).** www.cdc.gov. The CDC provides basic information about ADHD, including symptoms, diagnosis, and treatments.
- **COPAA (The Council of Parent Attorneys and Advocates).** www.childmind.org. Helps parents secure educational services for children with disabilities. Tools and strategies to help manage time, stay focused, and handle homework.

YouTube

- **Yoga With Adriene.** www.Yogawithadriene.com. Yoga instructor Adrienne Mishler offers yoga instruction to viewers of all levels. Her humor and grace shine through with every session.
- **Mindful Walking Meditation with Jim Brickman.** www.jimbrickman.com. This fifteen-minute mindfulness meditation is a unique way to incorporate being present into any walk you take. The three grounding exercises he uses are extremely tangible and effective for the most difficult minds to tame.

Organizer

- **Out of Chaos Planner.** This unique pen-paper planner allows students to see their assignments alongside their school and weekend activities. Everything is located in one location. Students only have to enter their classes (up to seven spots are available) once instead of having to re-write their classes each week. Available on Amazon or other websites.