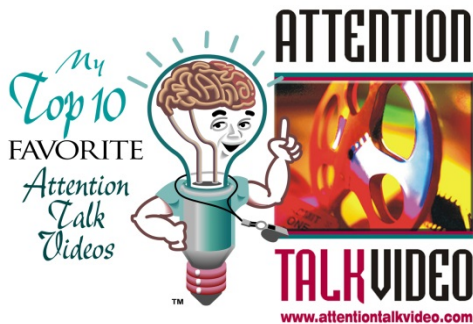




DIG Coaching's Top 10 Favorite Attention Talk Videos

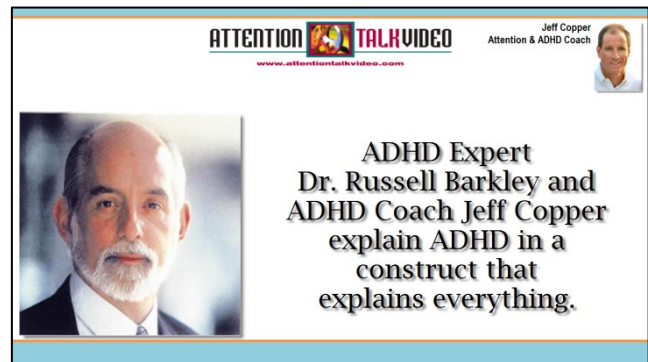


After years of interviewing ADHD experts, we've compiled our top 10 favorites for you. We hope you enjoy them as much as we enjoyed making them for you and that they help you gain insight to help you move forward.

Attention Deficit Hyperactivity Disorder (ADHD) Simplified

Attention deficit hyperactivity disorder can be confusing and hard to understand. In this video Dr. Russell Barkley and ADHD coach Jeff Copper collaborate and articulate the ADHD brain wiring in a way that explains how the wiring impacts behavior so that it makes sense in ways that make things so simple you'll wonder why others make it so complex.

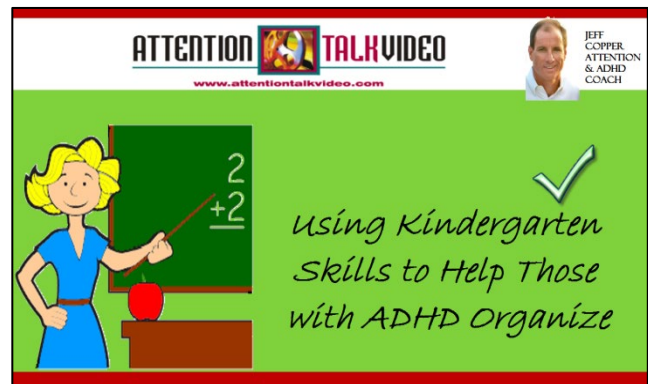
URL: http://youtu.be/6DN_J8Md8xw



ADHD Tip: Getting Your Thoughts Out & Organizing Them

Most with attention deficit hyperactivity disorder struggle with organization, especially organizing their thoughts. In this edition of Attention Talk Video, your host, ADHD and attention coach, Jeff Copper shares a strategy he learned from coaching others, which involves a poster board, Post-It® notes, and a rubber band. If you struggle organizing your thoughts for a project, a paper, for communicating, or any other reason you won't want to miss this video.

URL: <http://youtu.be/wkbywQoTkE>



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ADHD and Working Memory

Those with ADHD struggle with working memory, holding multiple thoughts in mind while organizing and sequencing them. In this video, ADHD coach Jeff Copper has a simple working memory exercise that will enable you to witness your working memory and understand why those with ADHD need to externalize things to minimize the need to use working memory.

URL: http://youtu.be/dbwbffyyvm_c



How Do You Know if Your ADHD Meds Are Working?

How do you know if your ADHD meds are working? Should you feel a buzz? Should you focus on outcomes? Or is the measure your ability to regulate your attention and emotions? Watch our interview with Dr. Charles Parker, author of New ADHD Medication Rules on the topic.

URL: <http://youtu.be/ob21D16FeNA>



ADHD Tips: Using Your Executive Functioning Brain to Override Impulse

Dr. Russell Barkley likes to think of the ADHD brain as a two-level system. The automatic brain and the executive functioning brain where the executive functioning brain is effortful as it must exert effort to step in and override the automatic brain. In this video we interview Dr. Barkley on the construct and discuss practical implications and solutions to this construct.

URL: <https://youtu.be/rulBxn3MXc8>



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ADHD: Is Dopamine Something You Can Feel?

Dopamine is the reward neurotransmitter and plays a big part in ADHD. What exactly does dopamine feel like? Watch our interview with Dr. David Nowell as he talks about dopamine and shares insight on what dopamine feels like. How can this help those with ADHD? Noticing it might help you pause and better manage your attention.

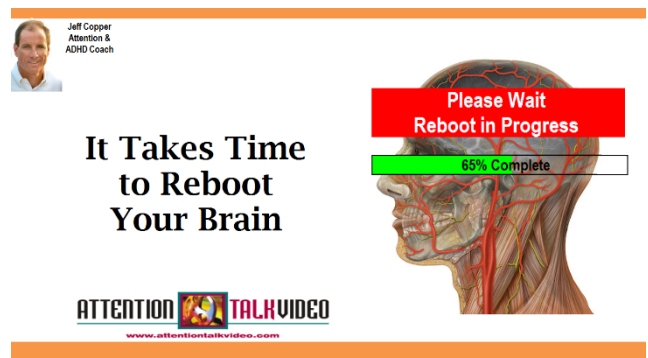
URL: <http://youtu.be/NYcMeSomW40>



ADHD and Transitions: The Concept of Rebooting

Many with ADHD struggle with transitions and getting themselves into a project. In this video, ADHD coach Jeff Copper shares a metaphor to put transitions into a context that you can more readily see, understand, and manage. Jeff also shares an insightful mindset to help you shortcut the process. If you're trying to get your head around managing transitions, watch this video.

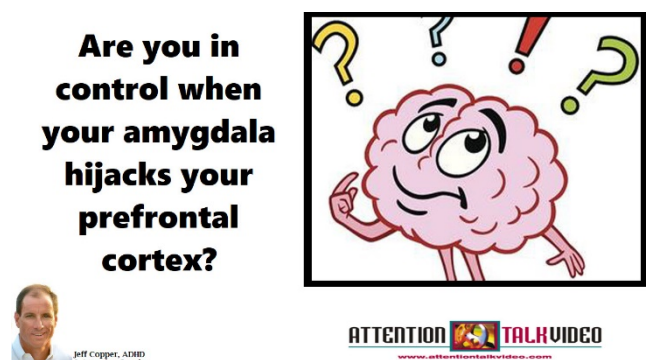
URL: <https://youtu.be/aCM8Gqc-ins>



ADHD and Emotions: A Visual Metaphor for Context

ADHD is a self-regulation and working memory challenge. Two things that those with ADHD need to regulate are attention and emotion, according to Dr. Russell Barkley. Yes, according to Dr. Barkley, emotions are as much a part of ADHD as attention. In this video, ADHD coach Jeff Copper shares a simple visual exercise to illuminate the relationship between the emotional brain and a thoughtful mindful brain that will put things into a context that is easy to understand

URL: <https://youtu.be/RqJZSdO32xs>



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ADHD: Methodical vs Insightful Thinking

Managing ADHD is a challenge of self-regulation. Regulating attention can be a challenge. Attention is not a thing; it spans time. Thinking spans time and is a process. From ADHD coach Jeff Copper's perspective, there are two fundamental thinking processes – methodical and insightful. Both work very differently. Jeff walks through two attention exercises using math to highlight the processes individually and then compares and contrasts the two.

URL: https://youtu.be/d_x1ryLQg8U

Is creative thinking methodical?



Host: Jeff Copper
Attention and ADHD Coach



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www.attentiontalkvideo.com

ADHD: Experience and Understand Working Memory

ADHD coach Jeff Copper often describes ADHD as a self-regulation issue with a working memory challenge. In this video he puts you in an attention exercise to experience the reality of working memory to witness the challenge, to understand why you worry about it, and why it manifests as anxiety. The purpose is to help you get the mindset to help problem-solve and manage your anxiety.

URL: <https://youtu.be/cTeg9velqT8>



Working
Memory: No
Wonder You
Have
Anxiety!



Jeff Copper
ADHD and
Attention Coach

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But wait... There's more.

Discipline Dedication Desire Results Discipline Dedication Desire

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HERE'S A BONUS... 10 MORE FAVORITES!

ADHD Insight: Impact of Distractions on Executive Functioning

What is it like for a person with ADHD when their executive functioning brain is being taxed and it is a distraction? It's like starting the task all over. In this video ADHD coach Jeff Copper uses a computer as a metaphor to understand what happens when those with ADHD get distracted while engaged in an activity that requires their executive functioning brain. Then he offers a context to manage such situations.

URL: <http://youtu.be/rlb-qQEgQxs>



Is It ADD, AGE, or Menopause?

ADHD, age, and menopause can impact attention. This trifecta comes together for many high functioning ADHD women in their mature years. Watch our interview with ADDiva Linda Roggli to gain insight and help manage the stakes of life.

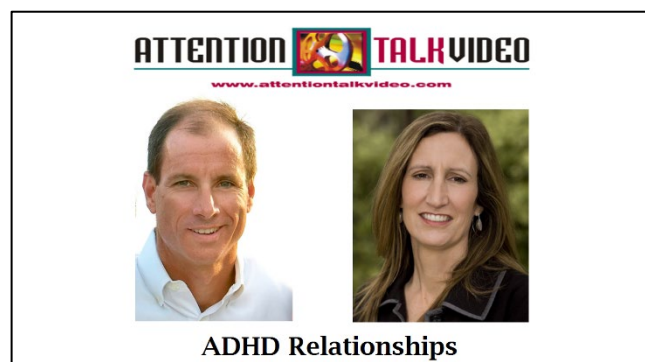
URL: http://youtu.be/TKUx_7lgQwY



ADHD Couples: The Parent-Child Relationship

For many with ADHD, relationships with significant others feel like a parent-child relationship. In this interview with marriage consultant Melissa Orlov, we talk about this phenomenon and what it means for those with ADHD.

URL: <http://youtu.be/Sc4dYooKugk>



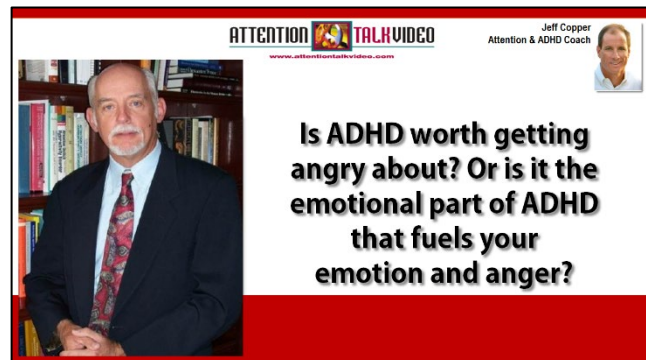
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ADHD, Emotion, and Dr. Russell Barkley

Attention deficit hyperactivity disorder isn't just about attention, according to Dr. Russell Barkley. Emotions are as much a part of ADHD as attention. Watch our interview with this world-renowned researcher and learn more.

URL: <http://youtu.be/5IVoC-DPt60>



Exactly How Did You Do That: The Value of an ADHD Recipe

In this interview we talk with Dr. David Nowell about observing how you do things... exactly. Most are not aware of their own recipe for doing things. Your grandmother's pound cake recipe enables her to replicate a delicious cake over and over and over again. Knowing your recipe for success is just as valuable. Watch this video and learn more.

URL: <http://youtu.be/u8-KfFYQiQs>



Does ADHD Manifest Differently in Boys and Girls?

Does ADHD manifest differently in boys and girls? You bet! Watch our interview with Dr. Patricia Quinn, a developmental pediatrician who has the facts. If you're curious as to why boys get diagnosed more than girls or just wonder if there is a difference, make sure you watch this show.

URL: <http://youtu.be/koxQ34hUh0c>



DIG Coaching's Top 10 Favorite Attention Talk Videos



Attention Deficit Disorder: Meet the Neurotransmitters

Serotonin, dopamine, and norepinephrine what? Get your ADHD neurotransmitters straight by watching Linda Roggli put a name and a face to each one in our interview with her.

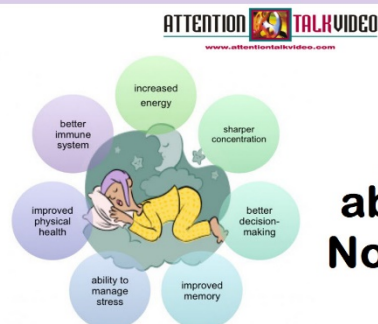
URL: <http://youtu.be/TqUm0xXzSLc>



ADHD Non-MEDS: Mindfulness, Exercise, Diet, and Sleep

Many with ADHD are looking for solutions that don't involve medications. In this episode ADHD coach Jeff Copper and ADHD coach Brett Thornhill identify the four best non-medicine solutions out there. They talk about the benefits and have a frank discussion around why so many are not able to benefit from these solutions as much as they could. They also talk about how you could utilize them successfully to help you move forward.

URL: https://youtu.be/j_DnBQ6J2Qk



Learn
about the
Non-MEDS

Brain Dump Versus Task List

Those with attention deficit hyperactivity disorder have working memory challenges. As an ADHD and attention coach, Jeff Copper has found many benefits from doing a brain dump versus a to-do or task list. This video makes the distinction and describes its implementation.

URL: <https://youtu.be/oP4j8LBKH68>



Experience the
Rush of a Brain Dump!

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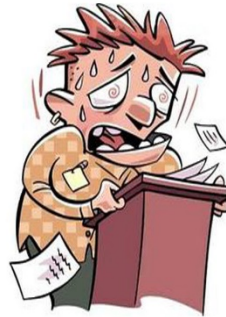
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ADHD and Emotional Self-Regulation: Fight, Flight, or Freeze

Emotional regulation is challenging for many with attention deficit hyperactivity disorder. In fact, it can be paralyzing. In this video, ADHD and attention coach Jeff Copper helps you understand why and, in a sequel, what you can do to manage emotional self-regulation to propel you forward.

URL: <https://youtu.be/CIGXH8xFY7c>



**ADHD BRAIN:
Paralyzed by
Emotion
and Fear**

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ADHD and Thoughts: The Jigsaw Puzzle in Your Mind

Those with ADHD have lots of thoughts. Some thoughts go to the puzzle they're working on in their mind; some thoughts might go to a puzzle they might be working on in the future; and other thoughts they don't know what to do with. In this video, ADHD coach Jeff Copper uses a jigsaw puzzle as a metaphor to help you begin to witness the real challenges of ADHD in putting thoughts together to solve puzzles and problems.

URL: https://youtu.be/3Y2aMv_kYlg

**Puzzles:
Trial and
Error**

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