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January 1, 2022



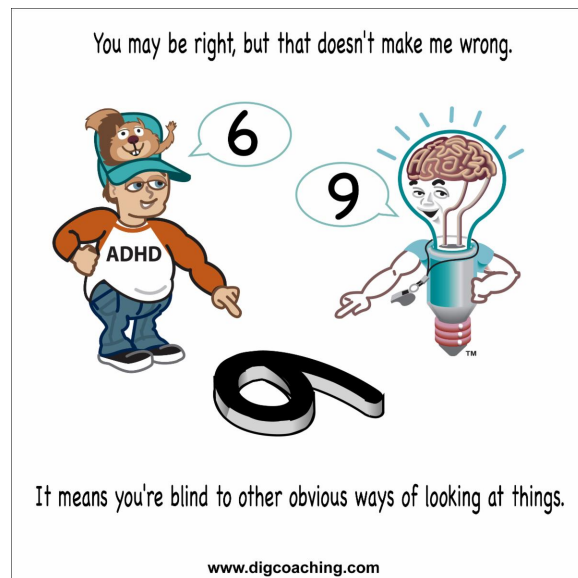
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Articulating Complex Concepts - Aha!

When it comes to human interaction, it's helpful to understand how views, perspectives, and assumptions determine what is obvious. You don't always have to agree with the views and perspectives of others, but their experience still needs to be respected. They say a picture is worth a thousand words. There are times when a picture or a symbol can communicate things that are quite complex in a way that brings instant clarity. When you run across a graphic that really communicates and explains a concept, it's transformative. Recently I

stumbled onto a graphic that was so powerful I had to recreate the concept for my own so I could share it with you in the hopes that this graphic will be a tool for you to use when relating to others, so you may gain some self-awareness on your own opinions and views. If the graphic speaks to you, please check out my blog post at:

<https://digcoaching.com/complex-concepts/>



Warmly,

Jeff Copper
ADHD and Attention Coach

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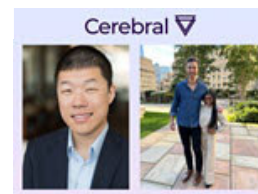
ADHD, Rejection Sensitive Dysphoria, and the Pink Elephant Paradox

Rejection sensitive dysphoria (RSD) is a buzz phrase in the ADHD world. Is it a thing? Not a thing? And what does the pink elephant paradox have to do with it? In this show, ADHD Coach Jeff Copper (www.digcoaching.com) interviews Dr. Sharon Saline (www.drsharonsaline.com) on the topic. The two will have an open counterpoint conversation to bring context to the topic, provide an understanding of the role labels have in managing challenges, and discuss the issue from two perspectives - an ADHD coach and a psychologist. If the phrase "rejection sensitive dysphoria" calls you, don't miss this insightful show.



ADHD, COVID, Telehealth and Depression: Get Perspective

What have we learned about humanity and ADHD during the pandemic? What positive impact did it have on the mental health field? And what are the concerns for the future? In this episode of Attention Talk Radio, ADHD coach Jeff Copper (www.digcoaching.com) interviews Dr. David Mou, Chief Medical Officer at Cerebral (www.getcerebral.com/attentiontalk). The two will compare notes on their experiences working with those with ADHD through the pandemic, what they both learned, what the mental health profession learned, what concerns they have for the future, what you need to know and what you can do about it. If you are a lifelong learner, struggled through COVID, or are impacted by someone with ADHD, don't miss out on this show.



ADHD and Productivity: The Issue Under the Issue

Those with ADHD long to be more productive. They often read books, participate in seminars, and endlessly search for systems that promise to change their lives. Problem is the theory doesn't translate into more productivity. In this edition of Attention Talk Radio, ADHD coach Jeff Copper (www.digcoaching.com) talks with productivity coach Cathy Rashidian (www.readysetchoose.com) to look at what



productivity is and what underlying issues are obstructing your ability to be more productive and to manage your emotions around frustration and ambition. If you realize you are missing insights that would explain why you have not been able to become more productive, this is a show for you.

Perfectionism and ADHD: Obstacle or Motivation?

Got ADHD? Are you a perfectionist? Have you ever thought about what it is to be a perfectionist and if you are how to deal with it? In this episode of Attention Talk Radio, ADHD coach Jeff Copper (www.digcoaching.com) interviews Dr. Sharon Saline (www.drsharonsaline.com) to get her perspective on perfectionism and ADHD. We'll talk with her to better understand if perfectionism is an obstacle or if it's motivation and how to manage it with intent. If you've got ADHD and struggle with perfectionism, this is a show that will help you break it down into components to manage it to your benefit. Tune in for insights.

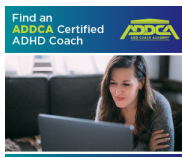


ADHD, You're Not Always Wrong

Those with Attention Deficit Hyperactivity Disorder struggle. Time and time again, others point out things that they're doing wrong. This conditions them over a period of time to immediately think it's their fault and start with "I'm sorry." In this episode of Attention Talk Radio, ADHD coach Jeff Copper (www.digcoaching.com) discusses the topic with Elaine Taylor-Klaus (www.impactparents.com/attention) who coaches parents of complex kids. The two will talk about how "I'm sorry, I'm wrong" becomes a compensatory strategy to take the pressure off. It's good to relieve the pressure, but when they start believing it, then it keeps them from moving forward. If you've got ADHD and often find yourself saying "I'm sorry," this is a show you won't want to miss.



Latest Videos



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ADHD: Taking a Break or Just Escaping?

Attention deficit hyperactivity disorder is an executive functioning impairment. It manifests as a focus problem, but it's also a thinking challenge. In this video ADHD coach Jeff Copper (www.digcoaching.com) talks about the challenges and effortfulness of thinking inside your head and how often those with ADHD take a break. Question is, is it taking a break, or does it end up being an escape? The distinction is an important tool you can use to discern or gain self-awareness to understand what's really happening and keep yourself on task. If you take a lot of breaks, could it be you are just escaping? Watch this video and gain self-awareness: <https://youtu.be/olYmdYq4w1U>

Click the image below to view the video.



"Taking a Break":
Code Word for ESCAPING



ADHD: The Escalating Cost of Tuition at the School of Hard Knocks

Got ADHD? Struggle with projects? Have you noticed the tuition at the school of hard knocks is escalating at an accelerated rate? In this video, ADHD Coach Jeff Copper (www.digcoaching.com) shares his insight on ADHD, the challenges of the 21st century, his experiences working on simple projects that ended up being more complicated, his quest to get help and education at the school of hard knocks, and more importantly, his lessons learned and shared to help you work smart not hard. If you get frustrated or struggle with projects, watch this and connect with Jeff:

<https://youtu.be/ZmKrB9TLgs4>

Click the image below to view the video.

**ADHD and a Harry Potter Room: A Tip**

Those with ADHD can be very environmentally sensitive. In this video, ADHD coach Jeff Copper (www.digcoaching.com) shares a surprising tip he learned through the pandemic about workspaces that may help those with ADHD. For thoughts, insights, or creative ideas, watch this video: https://youtu.be/Mk1P_QgPiCw

Click the image below to view the video.





ADHD: The Relationship Between Emotions and Thinking

ADHD is an executive functioning impairment. Emotional self-regulation and working memory are both components of executive functioning. But what is the relationship between the two? In this video, ADHD coach Jeff Copper (www.digcoaching.com) has an attention exercise for you to participate in. In this simple exercise, you can begin to witness the challenges of executive functioning and how emotions have an impact on thinking, which manifests in your behavior, to give you insight on what to focus on in managing your ADHD. If you have focus problems, could the issue be a challenge in thinking? Watch this video for insights: <https://youtu.be/dVmEFqSLcyY>

Click the image below to view the video.



ADHD and Organization: Style vs Function

Those with ADHD struggle with organization. When we think of organization, we think of things that are pretty. We think of columns, rows and everything being somewhere. While that is nice aesthetically, is it functional? Just because it looks nice doesn't mean that it's necessarily helpful. In this video, ADHD coach Jeff Copper (www.digcoaching.com) shares his insights on the difference between style and functionality, and the need to understand difference when you address organization in your world. If you

feel like you are disorganized, this is the video you won't want to miss: <https://youtu.be/TjRff8Zf3aE>

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.

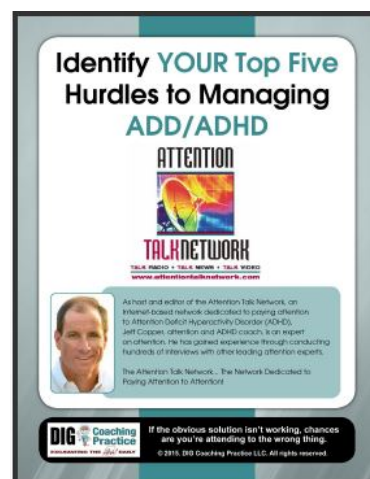
Attention Talk Video... Your ADHD Information Station!

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



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

and
www.attentiontalkvideo.com.

conducting over 500 interviews with
attention experts.

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

Get the aBook

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