

ADHD Resources:

How to ADHD videos on youtube:

<https://www.youtube.com/@HowtoADHD>

Body Doubling

<https://www.focusmate.com/support>

Additude magazine

<https://www.additudemag.com/>

Chadd

<https://chadd.org/>

Russ Barkley "taking charge of adult adhd"

<https://www.additudemag.com/product/taking-charge-of-adult-adhd-book-barkley/>

Headspace - for mindfulness

<https://www.headspace.com/>

Smiling Minds for Mindfulness

<https://www.smilingmind.com.au/smiling-mind-app>

"Getting things done" by David Allen

<https://gettingthingsdone.com/>

Todoist for to do lists

<https://todoist.com/home>

Pomodoro clocks

<https://psychcentral.com/adhd/how-to-adapt-the-pomodoro-technique-adhd>

Additional helpful resources:

<https://ceufast.com/blog/a-nurses-adhd-resource-library>

Educational Handouts: <https://animosanopsychiatry.com/patient-education-on-behavioral-healthcare/>

ASP Blog posts:

<https://animosanopsychiatry.com/blog/>