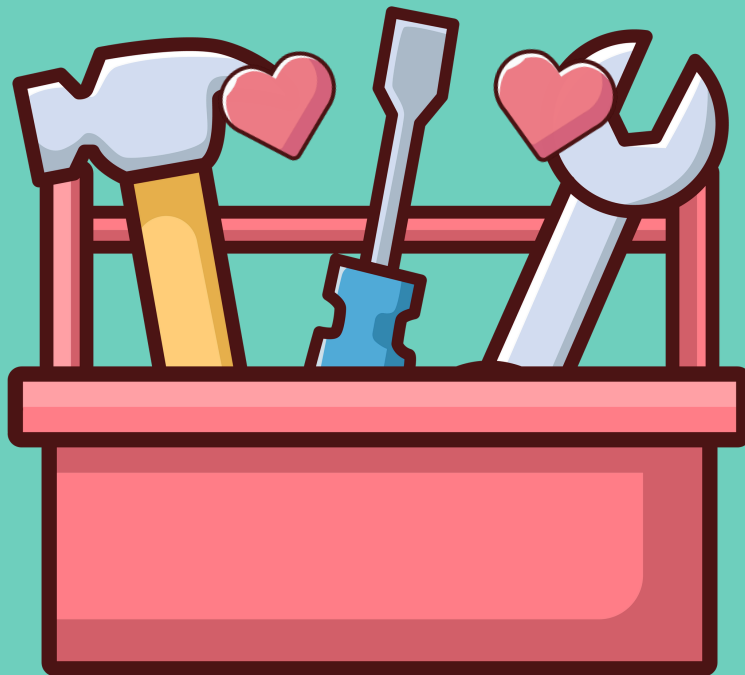


Your Healthy Habits Toolkit

Fun exercises to change your everyday life



Eating Habits Quiz

Take our quiz to assess your nutrition habits!



IMPORTANT NOTE: We are not dietitians/nutritionists, and these tips are not meant to substitute for any medical advice you may have received from a licensed practitioner.

These are generalised activities & tips for helping people with ADHD to regulate their eating habits, and are not suited for anyone who is currently facing disordered eating.

People with ADHD may have difficulty maintaining regular eating habits; they may over-eat to meet their brain's demand for stimulation, or they may forget to eat altogether. Becoming aware of these habits can help you to introduce healthy, regulated eating habits.

Tick the statement that best applies to you:

Question 1:

- A - I mainly eat healthy foods, and include favourite snacks from time to time
- B - I rarely consume junk food, and introduce reminders to eat regularly
- C - I consume a lot of junk food

Question 2:

- A - I eat 3 meals a day, as well as snacks
- B - I eat 2 meals a day, as well as snacks
- C - I sometimes forget to eat, and only consume 1 meal a day

Question 3:

- A - I have a fairly regular eating pattern
- B - I often forget to eat, reaching for nearby snacks when I remember
- C - If I am super busy, I sometimes push through mealtimes and make a mental note to eat the next meal, often arriving hungry (or even 'hangry')



Continues over the page



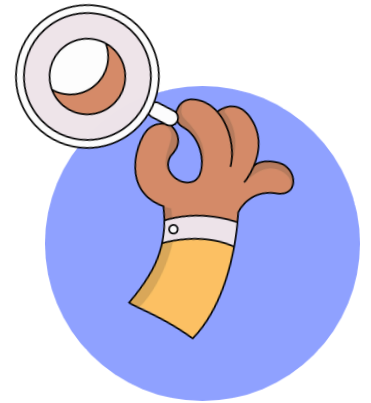
Eating Habits Quiz



Continued...

Question 4:

- A - I plan all my meals ahead
- B - I usually just find what I can at home to eat
- C - I rarely make full meals and end up ordering in food



What do my results of this informal quiz show?

If you answered mostly A to the questions:

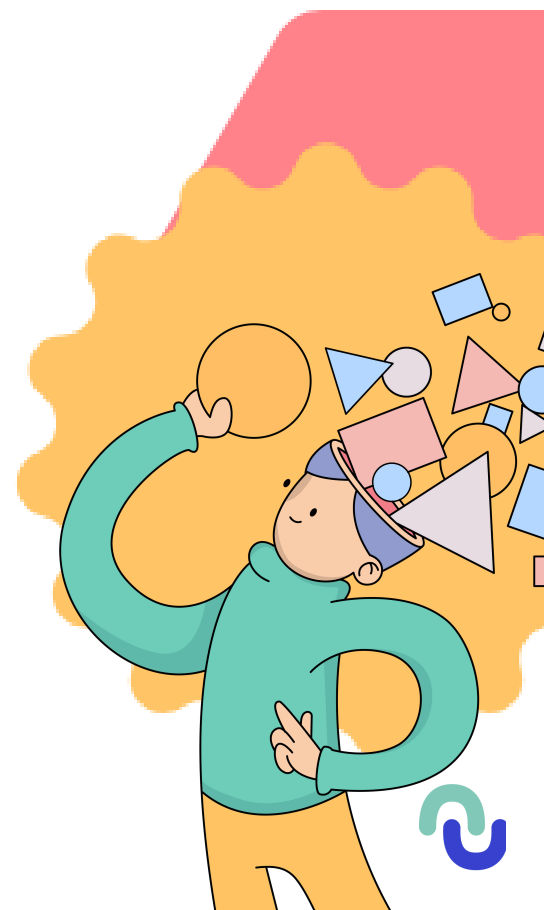
Your eating habits are well-balanced and you make effort to make sure your eating habits are mostly regulated.

If you answered mostly B to the questions:

Your eating habits show a mixture of good choices and some bad habits. Take a look at the Mindful Eating toolkit page for tips on balanced eating with EF challenges.

If you answered mostly C to the questions:

Your eating habits show some choices you may want to give more attention. Use the Mindful Eating guide on the next page to get started on your healthy eating habit journey!



Mindful Eating - the 5 S's

Because of ADHD-related reactivity & impulsivity, people with ADHD often forget to eat, and then binge-eat when they remember. This can be exacerbated by emotional overeating as a result of stress, boredom, or overstimulation. Take a look below at mindful eating tips to help combat your fight with food!

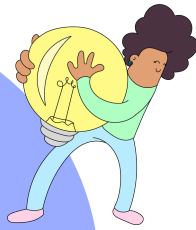


Susan Albers (Psy.D.) is the New York Times bestselling author of EatQ, and a mindful eating expert.

Take a look at her 5 S advice for mindful eating.

SLOW DOWN

Helps you break down your food & contemplate your meal.

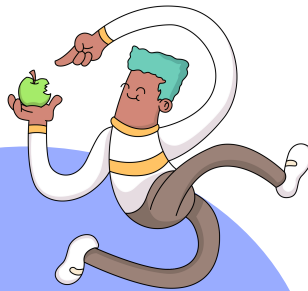


SIT

Take the time to sit and eat your food, so you can be present in the moment - NO SCREENS!

SAVOURING

Use all your senses to really enjoy your food



SIMPLIFY

Arrange your environment so food is stored out of sight - to reduce mindless picking



SMILE!

It brings you to the present moment, and helps you to pause to reflect if your body is satisfied.

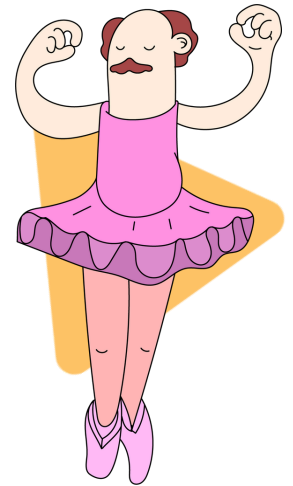


Brain Stimulation Activities

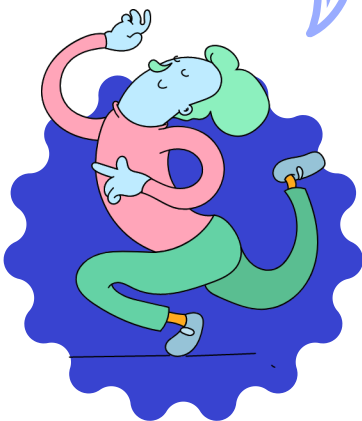


Lacking brain stimulation? Here are some fun and creative ways to achieve that optimal functioning

Play some music and dance



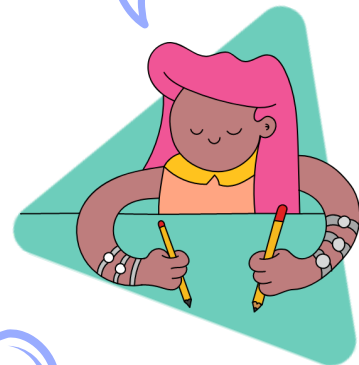
Go for a run/walk



Practice some yoga/stretching



Do some journaling

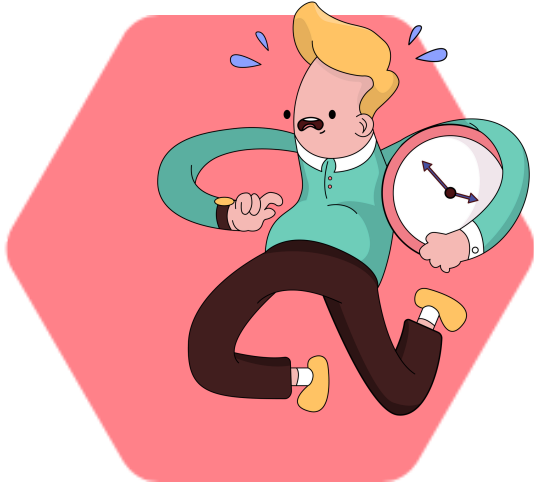


Visit a friend or send them a message

Get some gardening done



De-Stress Action Planner



ADHD causes a person's stress levels to rise because they are unable to focus and filter out excessive inputs. Ask yourself the following questions when you sense that stress is present:

Would doing an activity such as, walking, dancing, or seeing a friend benefit my current state? How would it help?

.....

What is the root cause of my stress?

.....

In this present moment, what first step can I take to alleviate this stress?

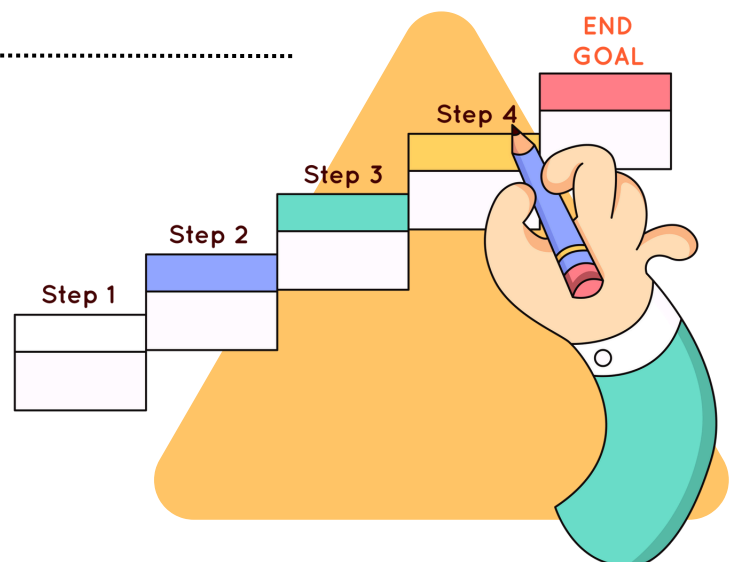
.....

What can I control right now?

.....

How have I effectively dealt with a situation like this in the past?

.....



Goal-Setting Activity



Jot your responses down in the green boxes

It's not about fitting in or calming down when it comes to ADHD management; it's about standing out — finding your competitive advantages and turning them into skills that will help you reach your personal goals!

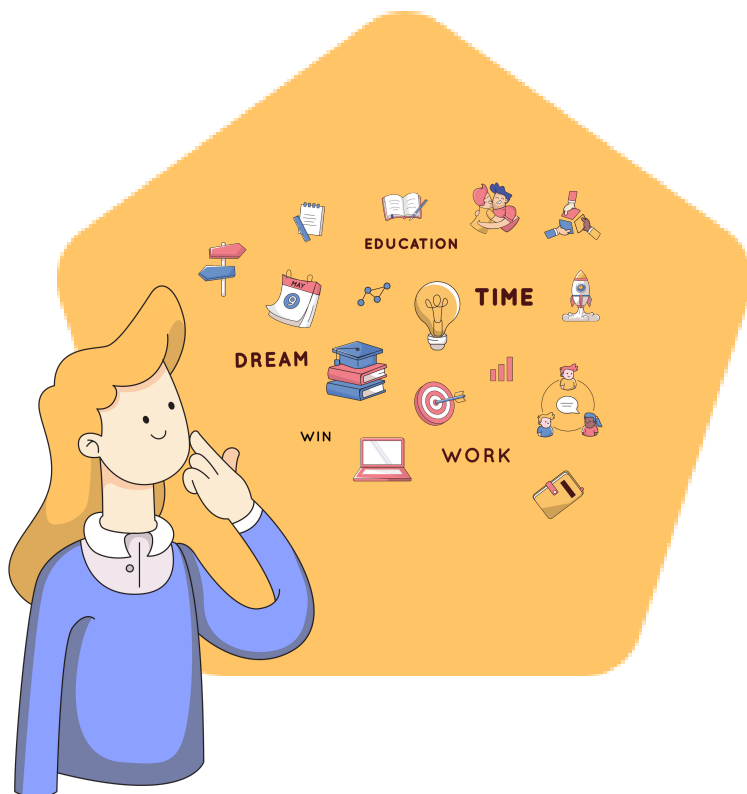


What realistic goal can I set to make a big impact on my life?

What obstacles could I face?

Which of my strengths can aid me in achieving this goal?

How will reaching this goal benefit my future-self?



"Positiv-ising" my Affirmations



It can be difficult to live up to the expectations established around us when we lack confidence in our ability to execute responsibilities. Here are some positive affirmations to help you regain that confidence!

Examples of Positive Affirmations:

~~"I cant do that due to my ADHD"~~



"I have unique abilities that I can utilise to achieve success"

~~"I'm disappointed in myself"~~



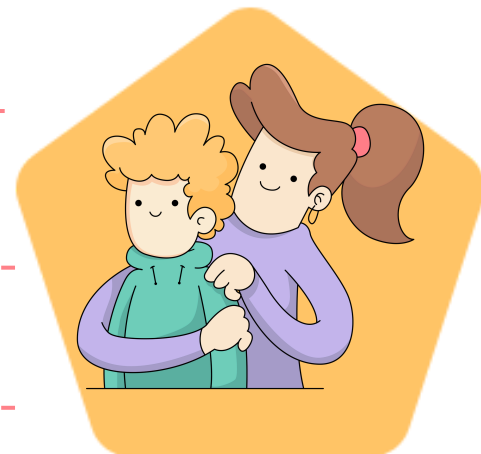
"I can learn from my mistakes, and am proud of myself for trying."

~~"Im not smart enough to do this"~~



"I am going to give my best effort"

Use the following lines to write down your own affirmations that you can repeat daily!



Creating Exercise Goals



Maintaining a consistent exercise routine can support your executive functioning skills. Fill out the following worksheet to get your routine started!

Remember: Exercise does not always have to be intense cardio! Other alternatives could include yoga, going for a walk around your neighbourhood, or even walking instead of driving to the shops!



What is an exercise you ENJOY doing?

What are some potential roadblocks you may encounter?

What can you do to encourage yourself to practice this exercise?

How often during the week would you be able to prioritise this activity?

List some of the advantages you might get from practicing this exercise:



Fun Activities Jar



Let's put together a fun jar of activities for you to do!

Fill in the blanks on the following lines, cut them up, and place them in a jar, close your eyes & pull out a fun activity according to your available time (try colour-coding them to the time they will take)!



Fun 10 minute activities:

✂	Example: Take a brisk walk					

Fun 1 hour activities:

✂	Example: Listen to a podcast					

Fun 2 hour activities:

✂	Example: Bake with friends					



Set Out Your New Habits



After reading through this full toolkit, it's time to pick 3 habits you want to work on, and lay out your plan below!

First New Habit:	
How will this habit benefit me:	
Obstacles I may face:	
Step-by-step actions I need to take:	

Second New Habit:	
How will this habit benefit me:	
Obstacles I may face:	
Step-by-step actions I need to take:	

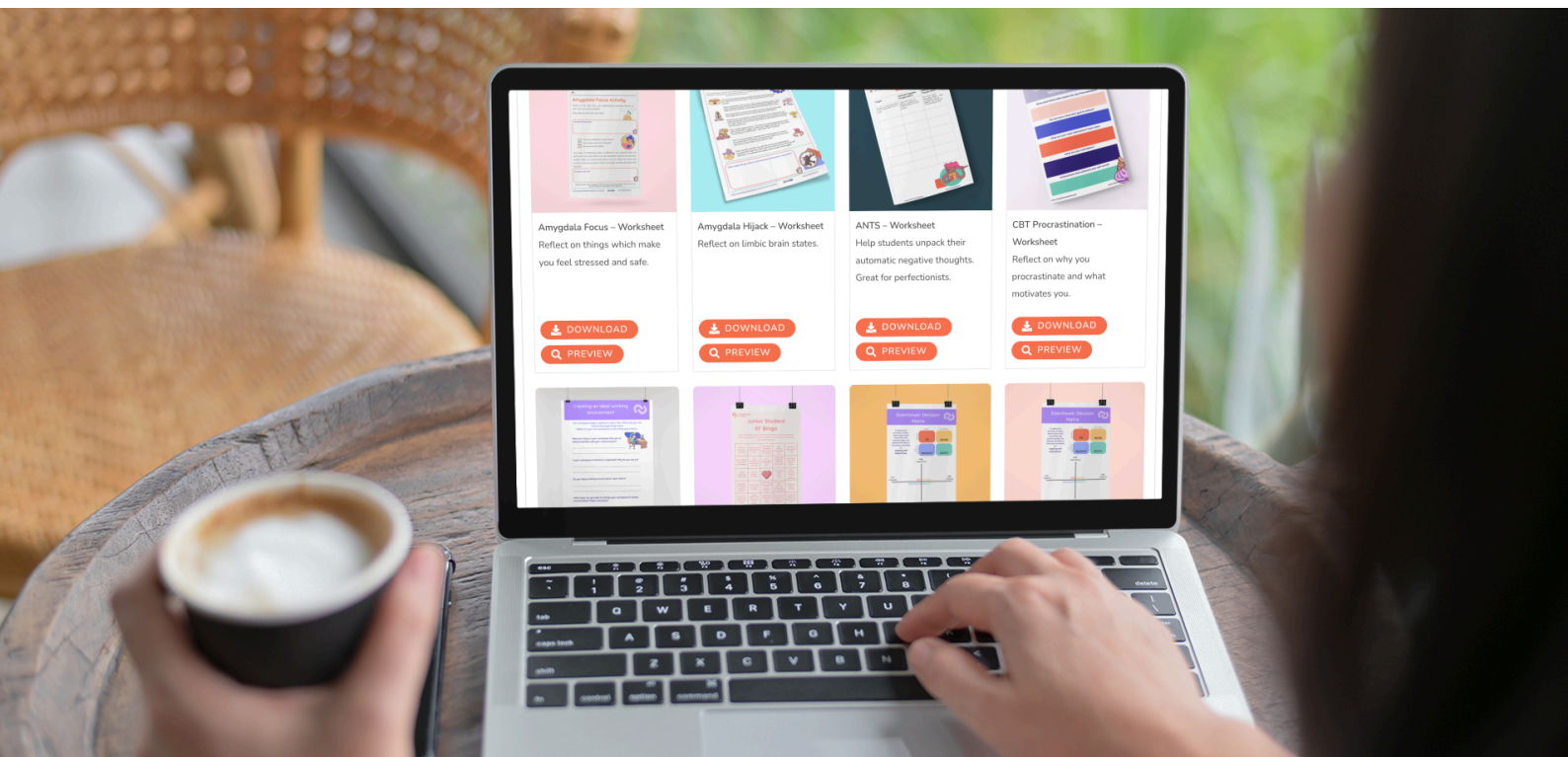
Third New Habit:	
How will this habit benefit me?	
Obstacles I may face:	
Step-by-step actions I need to take:	



Liking our toolkit? You'll love our..

PROFESSIONAL SUBSCRIPTION SERVICE

Our Professional Subscription helps remove the lengthy resource searching to find the right tools for executive function development, to provide you with a world of high quality resources at your fingertips.



Get strategies & resources to help clients:

- ✓ Get organised
- ✓ Use time wisely
- ✓ Stay focused
- ✓ Plan ahead
- ✓ Resist impulses
- ✓ Learn to manage their time
- ✓ Solve problems independently
- ✓ Stay in control of emotions
- ✓ Plan and prioritise tasks
- ✓ Follow through on tasks

scan here
to learn
more

