



Embrace the Holidays with *ADHD*

4 Steps to Less Stressful Holidays
Workbook

By Laurie Moore Skillings, SCAC

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Table of Contents

Introduction	3
Step One: Awareness	4
Make a List!	5
Regular Responsibilities	5
Worksheet Example	6
Holiday Happenings	7
Worksheet Example	8
Step Two: Decide	9
Check It Twice	9
Plan Your Planner	10
Step Three: Health	11
Nourishment for Body and Brain-Food	11
Nourishment for Body and Brain-Sleep	11
Nourishment for Body and Brain-Exercise	11
Nourishment for Spirit- Ho! Ho! Ho!	12
Step Four: Delegate	13
Gift of Responsibility	13
Share the Joy	13
Share the Joy Worksheet Example	14
About the Author	15
Appendix: Forms	16-29

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Introduction

It's that time of year, again!

How quickly time passes. If, like many of us with Attention Deficit Hyperactivity Disorder (ADHD), you don't *feel* time, it can truly seem like the holiday season was just here yesterday.

This workbook was created to help bring awareness and focus to the season, and to enable us to *Embrace the Holidays*, not just survive them.

Awareness creates the opportunity for change. Change can work for you and with you. The forms are designed to help bring awareness to what your day to day responsibilities are and the additional obligations of the holiday season.

Take time to focus at the beginning of the season and again at the end of the season to plan what you want to do and need to do for the holidays. Keep what is dear to you and your family. Decide what activities can be let go. Go through this process each year.

Let's Embrace the Holidays with ADHD!



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Step One: Awareness

When holidays stress and overwhelm us, it is usually a big sign that something needs to change.

How can we go about knowing what change is necessary for us?

The first step in change is awareness.

Awareness of what our regular responsibilities, holiday happenings, expectations from family and friends are, and how we would like the holidays to be, will help us to plan a holiday season that resembles a holiday we want to embrace.

We need to know where we are in order to help us get to where we would like to be.



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Make a List!

The human brain can hold up to seven (give or take two) pieces of information at a time in working memory. If we are adding to our already busy schedules making a list does help.

Lists help bring clarity. They help free our brain from the added stress of trying to remember everything there is to do.

Make a List!

List all the things you can think of that you need to do or want to do to prepare for the holidays.

Need

Want

Need	Want

Regular Responsibilities

List all regular responsibilities. These are what you need to do. Include as much detail as possible.

- Family Time
- Medical Appointments
- Dental Appointments
- Personal Time
- Friends
- Work
- School
- Homework
- Cleaning
- Laundry
- Errands
- Meals

Your list may be longer than this!

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Regular Responsibilities

Here is an example of a list of regular responsibilities with details. This is a list of what you need to do.

What	Who	When	Where	How
Dentist	Ted	Dec. 15 11 am	Dr. Smith 123 Bridge st.	Mom will bring
Laundry	Dad	Saturday am		
Grocery Shopping	Sally	Thurs. 3: p	Store	Dad's car

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Holiday Happenings

List all holiday happenings. Include as much detail as possible.

- **Parties**
 - Family
 - Friends
 - Work
 - School
- **Events**
 - Community
 - Religious
 - Other
- **Travel**
 - Pack
 - Plan type of travel
- **Guests**
 - Overnight
- **Gifts**
 - Shop
 - Make
 - Wrap
 - Mail
- **Holiday Cards**
 - Address
 - Sign
 - Mail
- **Decorate**
 - Inside
 - Outside
- **Holiday Meals**
 - Cook
 - Cater
 - Eat elsewhere



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Holiday Happenings

Here is an example of a list of holiday happenings with details. This is a list of what you need to do and want to do.

What	Who	When	Where	How
Holiday Party	The whole family	Dec. 14 7 pm	Smiths' house	Walk
Address Holiday cards	Ted, Sally	Dec 13 6 pm	Kitchen table	
Go to store for Holiday meal items	Mom	Dec 20 10 am	Local Shop 'n drop	car

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Step Two: Decide

Now comes the tricky part; prioritizing the items on the two lists we just created.

Check It Twice!

A simple way to do this is to use the **ABC** approach. When we look at each item on the lists ask these three questions:

1. Is this something we **Absolutely Must Do**? If yes, enter in column **A**.
2. Is this something that would **Be Nice to Do**? If yes, enter in column **B**.
3. Is this something we **Can Do Without**? If yes, enter in column **C**.

Check It Twice

Prioritize your list. Use the ABC approach when looking at each item on your list.

A= Absolutely Must Do! B= Be Nice to Do! C= Could Do Without!

A

B

C

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Plan Your Planner

Lists have been prioritized and entered onto the Check It Twice worksheet. Now we take the worksheet and enter the information onto a planner or calendar.

Plan Your Planner

Schedule time to enter only the A's and B's from your list onto your planner or calendar. If you have the time right now-Do It!

Take time to make time.

Check the boxes below as you accomplish each task.

- Scheduled time to enter A and B items onto planner or calendar
- Entered A and B items onto planner or calendar



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Step Three: Health

Taking care of ourselves when we have a lot to do can almost seem impossible.

Now that we have entered our information into planners or calendars we need to step back and take a break. This break time allows our brains to mull over all the items that were entered.

Here are a few tips to keep in mind to help you take care of you:

Nourishment for Body and Brain-Food

If you're worried that trying to follow a brain healthy nutrition plan will restrict you to only a few foods, then Dr. Daniel Amen has good news for you! There are literally thousands of brain healthy foods that taste great.

To make it easier for you to start or stay on track with your brain healthy eating program, Dr. Daniel Amen has created a printable shopping list (Appendix) with nearly 200 of his favorite brain healthy foods. The items on this list are included because they meet one or more of the following brain healthy criteria:

- Lean protein
- Low glycemic
- High in fiber
- Low sodium
- Healthy fats
- High-quality calories
- Brain healthy spices
- Healthy liquids

Included in the Appendix: **Brain Healthy Party Foods**

Nourishment for Body and Brain-Sleep

Adequate sleep is crucial to proper brain function. If sleep is disrupted a 20-minute nap may help improve mental performance.

Nourishment for Body and Brain-Exercise

Exercise boosts brain power. We all know how good we feel after physical activity.

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Nourishment for Body and Brain and Spirit-Ho! Ho! Ho!

It seems Santa has the right idea, when it comes to laughter.

Research in 2005 at the University of Maryland School of Medicine indicated that laughter is good for the heart and improves blood circulation.

Laughter is one of the best coping strategies for stress.

Research also shows that in addition to reducing stress laughter:

- Lowers blood pressure
- Strengthens the immune system
- Stimulates both sides of the brain to enhance learning
- Improves mood
- Relaxes entire body
- Reduces anger, anxiety
- Improves creativity, problem solving
- Is contagious



We Need to Act More Like Children

William Fry, M.D., professor of psychiatry at Stanford University Medical School and expert on health and laughter, reports the average kindergarten student laughs 300 times a day. Yet, adults average just 17 laughs a day.

Other Exciting Research

Researchers estimate that laughing 100 times is equal to 10 minutes on the rowing machine or 15 minutes on an exercise bike.

Does this research mean if we laugh hard enough and long enough we could (literally and figuratively) *laugh our a\$\$es off*?!

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Step Four: Delegate

Schedules are busting at the seams. There is so much to do. Sometimes we forget that others in our lives can help.

But, many times we are reluctant to delegate any tasks to others. Usually, we convince ourselves of at least one of the following:

- I can d it better myself.
- They'll do it wrong.
- I can get it done quicker by myself.
- They'll refuse to do it.
- I don't have time to show someone how to do it.



Gift of Responsibility

When we do everything by ourselves, we are robbing our families of the gift of responsibility.

Asking a family member to be responsible for a task is letting them know that you trust them to do it. Delegating to others frees up time for you and gives others the opportunity to contribute their share to the household. This also helps build independence and a sense of contribution.

Share the Joy!

So, we're going to do something radical. We are going to share the joy of holiday responsibilities with our families.

How? Simply go over your planner or calendar and delegate tasks to others. Keep in mind the age and skill levels of family members. Most tasks require a list of a few steps.

Let them know that their help is needed in order for you to enjoy the holidays too!

Give each family member their own list of tasks to help ease the load.

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Share the Joy!

Share the Joy with _____ Ted _____

Directions: Start with an action word.
Describe task further.
Include the reason for the task.
Check the Ta Da! Box when the task is done!

Example:

Action	Task	When	Reason	Ta Da!
Bake	Cookies	Tuesday evening	School party on Friday	✓

Action	Task	When	Reason	Ta Da!
Wrap	gift for Aunt Mary	Friday 3:30 pm	Family party Friday 7:00 pm	<input type="checkbox"/>
Place	Aunt Mary's gift in trunk of Mom's car	Friday after it's wrapped	Bring to family party	<input type="checkbox"/>
Go to mall	To buy present for Grandpa	Saturday 9:00 am	Need gift to mail to grandpa	<input type="checkbox"/>
Wrap	Grandpa's gift	Saturday am	to mail on time	<input type="checkbox"/>
Mail	Grandpa's present from post office	Saturday am	Get to grandpa before Christmas	<input type="checkbox"/>

Create a list that has steps (sequential).

This gives the family member the tools to complete the task.

You both know what is expected to be done and when it needs to be done.

Also saves you from repeating yourself over and over and over again!

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About the Author

Laurie Moore Skillings, SCAC, is one of the few coaches in the nation trained specifically to work with people affected by Attention Deficit Hyperactivity Disorder – AD/HD.



Laurie received her training from Susan Sussmann, MEd. Susan is the director of the American Coaching Association and co-founder of AD/HD Coaching in the United States.

Laurie is a Senior Certified AD/HD Coach (SCAC) through the Institute for the Advancement of AD/HD Coaches (IAAC).

Laurie's personal encounters as an ADD-er, mother of four – three of whom have AD/HD, a daughter and two sons – further deepens her understanding of AD/HD and how it can influence your life and those around you.

Her unique ability to come into a situation in disarray and within a very short time frame come up with workable solutions is outstanding. Laurie also brings her experience as a special education tutor. Laurie helps students day to day to feel accepted, welcomed, and safe. She was the teacher that students gravitated to while learning to successfully navigate the many demands of both home and school tasks. Laurie's patience and kindness, sprinkled with a fine dose of humor, allowed her to reach students that were thought by others to be unreachable.

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Appendix: Forms

Awareness

Make a List

Regular Responsibilities

Holiday Happenings

Decide

Check It Twice

Plan Your Planner

Health

Brain Healthy Shopping List

Brain Healthy Shopping List Top 50

Brain Healthy Shopping List Complete

Brain Healthy Party Foods

Delegate

Share the Joy!

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Plan Your Planner

Schedule time to enter only the A's and B's from **Check It Twice!** list onto your planner or calendar. If you have the time right now-Do It!

Plan Your Planner

Take time to make time.

Check the boxes below as each task is accomplished.

- Scheduled time to enter A and B items onto planner or calendar
- Entered A and B items onto planner or calendar



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Brain Healthy Shopping List

If you're worried that trying to follow a brain healthy nutrition plan will restrict you to only a few foods, then Dr. Daniel Amen* has good news for you! There are literally thousands of brain healthy foods that taste great.

To make it easier for you to start or stay on track with your brain healthy eating program, Dr. Daniel Amen has created a printable shopping list with nearly 200 of his favorite brain healthy foods. The items on this list are included because they meet one or more of the following brain healthy criteria:

- Lean protein
- Low glycemic
- High in fiber
- Low sodium
- Healthy fats
- High-quality calories
- Brain healthy spices
- Healthy liquids

Every time you go to the grocery store, print out the list on the following pages and simply check off your favorites so you can stock up on delicious brain healthy foods. Whenever possible, Dr. Amen highly recommends that you choose foods that are organic, hormone free and antibiotic free.

*Daniel G. Amen, MD is a physician, child and adult psychiatrist, brain imaging specialist, bestselling author, Distinguished Fellow of the American Psychiatric Association and the CEO and medical director of Amen Clinics, Inc. (ACI) in Newport Beach and Fairfield, California, Bellevue, Washington and Reston, Virginia.

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Brain Healthy Shopping List Top 50

Listed here are the top 50 Best Brain Foods.

Produce	Meats and Fish	Beans
<input type="checkbox"/> Apples* <input type="checkbox"/> Asparagus* <input type="checkbox"/> Avocados* <input type="checkbox"/> Bananas* <input type="checkbox"/> Bell peppers (yellow, green, red, orange)* <input type="checkbox"/> Beets* <input type="checkbox"/> Blackberries* <input type="checkbox"/> Blueberries* <input type="checkbox"/> Broccoli* <input type="checkbox"/> Brussels sprouts* <input type="checkbox"/> Carrots* <input type="checkbox"/> Cherries* <input type="checkbox"/> Cranberries* <input type="checkbox"/> Grapefruit* <input type="checkbox"/> Honeydew* <input type="checkbox"/> Kiwi* <input type="checkbox"/> Lemons* <input type="checkbox"/> Limes* <input type="checkbox"/> Olives* <input type="checkbox"/> Oranges* <input type="checkbox"/> Peaches* <input type="checkbox"/> Peas* <input type="checkbox"/> Pomegranates* <input type="checkbox"/> Raspberries* <input type="checkbox"/> Plums* <input type="checkbox"/> Red grapes* <input type="checkbox"/> Soy beans* <input type="checkbox"/> Spinach* <input type="checkbox"/> Strawberries* <input type="checkbox"/> Tomatoes* <input type="checkbox"/> Yams/sweet potatoes*	<input type="checkbox"/> Chicken, skinless* <input type="checkbox"/> Herring* <input type="checkbox"/> Turkey, skinless* <input type="checkbox"/> Tuna* <input type="checkbox"/> Wild salmon* Refrigerated Products <input type="checkbox"/> Cheese, low-fat* <input type="checkbox"/> Egg whites, DHA enriched* <input type="checkbox"/> Yogurt, unsweetened* Beverages <input type="checkbox"/> Almond milk, unsweetened* <input type="checkbox"/> Tea, green* (decaf) <input type="checkbox"/> Water*	<input type="checkbox"/> Black beans* <input type="checkbox"/> Pinto beans* <input type="checkbox"/> Garbanzo beans* <input type="checkbox"/> Lentils* Breads, Cereals and Grains <input type="checkbox"/> Oats* <input type="checkbox"/> Whole wheat bread* Nuts and Oils <input type="checkbox"/> Almonds, raw* <input type="checkbox"/> Olive Oil* <input type="checkbox"/> Walnuts*

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Brain Healthy Shopping List – page 1

**Foods with an asterisk are one of the 50 Best Brain Foods.*

Produce	Produce	Beverages	Meats and Fish	Refrigerated Products
<input type="checkbox"/> Acorn squash	<input type="checkbox"/> Mangoes	<input type="checkbox"/> Almond milk, unsweetened*	<input type="checkbox"/> Anchovies	<input type="checkbox"/> Cheese, low-fat*
<input type="checkbox"/> Apples*	<input type="checkbox"/> Mesclun	<input type="checkbox"/> Coffee (decaf)	<input type="checkbox"/> Chicken, skinless*	<input type="checkbox"/> Egg whites, DHA enriched*
<input type="checkbox"/> Apricots	<input type="checkbox"/> Mushrooms	<input type="checkbox"/> Rice milk	<input type="checkbox"/> Chicken, ground white meat	<input type="checkbox"/> Egg substitutes
<input type="checkbox"/> Artichokes	<input type="checkbox"/> Mustard greens	<input type="checkbox"/> Soy milk	<input type="checkbox"/> Clams	<input type="checkbox"/> Guacamole
<input type="checkbox"/> Asparagus*	<input type="checkbox"/> Nectarines	<input type="checkbox"/> Tea, black (decaf)	<input type="checkbox"/> Crab	<input type="checkbox"/> Hummus
<input type="checkbox"/> Avocados*	<input type="checkbox"/> Okra	<input type="checkbox"/> Tea, green* (decaf)	<input type="checkbox"/> Flounder	<input type="checkbox"/> Salsa
<input type="checkbox"/> Bananas*	<input type="checkbox"/> Olives*	<input type="checkbox"/> Tea, herbal (decaf)	<input type="checkbox"/> Haddock	<input type="checkbox"/> Tofu
<input type="checkbox"/> Bell peppers*	<input type="checkbox"/> Onions	<input type="checkbox"/> Water*	<input type="checkbox"/> Halibut	<input type="checkbox"/> Yogurt, unsweetened*
<input type="checkbox"/> Beets*	<input type="checkbox"/> Oranges*		<input type="checkbox"/> Herring*	
<input type="checkbox"/> Blackberries*	<input type="checkbox"/> Papaya	Beans	<input type="checkbox"/> Lobster	
<input type="checkbox"/> Blueberries*	<input type="checkbox"/> Parsnips	<input type="checkbox"/> Black beans*	<input type="checkbox"/> Mackerel	
<input type="checkbox"/> Bok Choy	<input type="checkbox"/> Peaches*	<input type="checkbox"/> Black-eyed peas	<input type="checkbox"/> Olives	
<input type="checkbox"/> Broccoli*	<input type="checkbox"/> Pears	<input type="checkbox"/> Fava beans	<input type="checkbox"/> Oysters	
<input type="checkbox"/> Brussels sprouts*	<input type="checkbox"/> Peas*	<input type="checkbox"/> Kidney beans	<input type="checkbox"/> Sardines	
<input type="checkbox"/> Butternut squash	<input type="checkbox"/> Pineapple	<input type="checkbox"/> Pinto beans*	<input type="checkbox"/> Scallops	
<input type="checkbox"/> Cabbage	<input type="checkbox"/> Plums	<input type="checkbox"/> Garbanzo beans*	<input type="checkbox"/> Sea bass	
<input type="checkbox"/> Cantaloupe	<input type="checkbox"/> Pomegranates*	<input type="checkbox"/> Lentils*	<input type="checkbox"/> Shrimp	
<input type="checkbox"/> Carrots*	<input type="checkbox"/> Prunes	<input type="checkbox"/> Lima beans	<input type="checkbox"/> Snapper	
<input type="checkbox"/> Cauliflower	<input type="checkbox"/> Pumpkin	<input type="checkbox"/> Navy beans	<input type="checkbox"/> Swordfish	
<input type="checkbox"/> Celery	<input type="checkbox"/> Radish	<input type="checkbox"/> Soybeans (edamame)	<input type="checkbox"/> Trout	
<input type="checkbox"/> Cherries*	<input type="checkbox"/> Raisins	<input type="checkbox"/> Split peas	<input type="checkbox"/> Turkey, skinless*	
<input type="checkbox"/> Collard greens	<input type="checkbox"/> Raspberries*	<input type="checkbox"/> White beans	<input type="checkbox"/> Turkey, ground white meat	
<input type="checkbox"/> Corn	<input type="checkbox"/> Red grapes*		<input type="checkbox"/> Tuna*	
<input type="checkbox"/> Cranberries*	<input type="checkbox"/> Snap peas		<input type="checkbox"/> Wild salmon*	
<input type="checkbox"/> Cucumbers	<input type="checkbox"/> Soy beans*			
<input type="checkbox"/> Eggplant	<input type="checkbox"/> Spaghetti squash			
<input type="checkbox"/> Grapefruit*	<input type="checkbox"/> Spinach*			
<input type="checkbox"/> Grapes	<input type="checkbox"/> Strawberries*			
<input type="checkbox"/> Green beans	<input type="checkbox"/> Swiss chard			
<input type="checkbox"/> Honeydew*	<input type="checkbox"/> Tangerines			
<input type="checkbox"/> Jicama	<input type="checkbox"/> Tomatoes*			
<input type="checkbox"/> Kale	<input type="checkbox"/> Turnips			
<input type="checkbox"/> Kiwi*	<input type="checkbox"/> Watercress			
<input type="checkbox"/> Leeks	<input type="checkbox"/> Watermelon			
<input type="checkbox"/> Lemons*	<input type="checkbox"/> Yams/sweet potatoes*			
<input type="checkbox"/> Lettuce	<input type="checkbox"/> Zucchini			
<input type="checkbox"/> Limes*				

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Brain Healthy Shopping List – page 2

**Foods with an asterisk are one of the 50 Best Brain Foods.*

Breads, Cereals and Grains	Nuts and Oils	Spices, Seasonings and Dressings	Snacks and Health Foods	Frozen Foods
<input type="checkbox"/> Brown rice <input type="checkbox"/> Bulgur (cracked wheat) <input type="checkbox"/> Oats* <input type="checkbox"/> Quinoa <input type="checkbox"/> Whole cornmeal <input type="checkbox"/> Whole wheat bread* <input type="checkbox"/> Whole wheat flour <input type="checkbox"/> Whole wheat tortillas	<input type="checkbox"/> Almonds, raw* <input type="checkbox"/> Canola oil <input type="checkbox"/> Canola oil spray <input type="checkbox"/> Cashews <input type="checkbox"/> Flaxseed oil <input type="checkbox"/> Hazelnuts <input type="checkbox"/> Olive oil* <input type="checkbox"/> Olive oil spray <input type="checkbox"/> Peanut butter <input type="checkbox"/> Peanuts <input type="checkbox"/> Pecans <input type="checkbox"/> Pistachios <input type="checkbox"/> Pumpkin seeds <input type="checkbox"/> Sesame seeds <input type="checkbox"/> Sunflower seeds <input type="checkbox"/> Walnuts*	<input type="checkbox"/> Balsamic vinegar <input type="checkbox"/> Balsamic vinaigrette, low-fat/low-sugar <input type="checkbox"/> Basil <input type="checkbox"/> Cinnamon <input type="checkbox"/> Curry/turmeric <input type="checkbox"/> Garlic <input type="checkbox"/> Ginger <input type="checkbox"/> Marinara sauce, low-fat/low-sugar <input type="checkbox"/> Marjoram <input type="checkbox"/> Mustard <input type="checkbox"/> Oregano <input type="checkbox"/> Rosemary <input type="checkbox"/> Saffron <input type="checkbox"/> Sage <input type="checkbox"/> Thyme	<input type="checkbox"/> Applesauce, unsweetened <input type="checkbox"/> Dark chocolate, low-sugar <input type="checkbox"/> Dried fruit, unsweetened <input type="checkbox"/> Dried veggies, no added oil <input type="checkbox"/> Stevia (natural sweetener) <input type="checkbox"/> Trail mix (nuts & dried fruits) <input type="checkbox"/> Turkey jerky <input type="checkbox"/> Whey protein <input type="checkbox"/> Xylitol (natural sweetener)	<input type="checkbox"/> Fruits <input type="checkbox"/> Chicken breasts <input type="checkbox"/> Seafood <input type="checkbox"/> Turkey burger patties <input type="checkbox"/> Veggie burger patties <input type="checkbox"/> Veggies

*Daniel G. Amen, MD is a physician, child and adult psychiatrist, brain imaging specialist, bestselling author, Distinguished Fellow of the American Psychiatric Association and the CEO and medical director of Amen Clinics, Inc. (ACI) in Newport Beach and Fairfield, California, Bellevue, Washington and Reston, Virginia.

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A.D.D. with E.A.S.E.

Advance Day by Day with Encouragement, Accountability, Support and Empowerment

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Brain Healthy Party Foods

Hosting a party with brain healthy fare is easy. The tasty finger foods listed here include many of the [Top 50 Brain Healthy Foods](#) ^[1] and [10 Brain Healthy Spices](#) ^[2]. You'll find these foods and spices in **bold**. Packed with potent antioxidants and nutrients, these party foods will boost brain function for a memorable and memory-enhancing soirée.

Holiday Spiced Green Tea

Mix **green tea** leaves with chopped and dried **orange** peel, chopped and dried **ginger** root, and **cinnamon**. Add **unsweetened almond milk** for a healthy version of a **chai tea**.

Spa Water

Serve sparkling or flat **water** with **lemon** or **lime** wedges

Raw Veggies Tray

Broccoli florets
Red, yellow, orange, and green bell peppers
Cherry tomatoes
Carrots

Fruit Bowl

Fill a bowl with **cherries**



Cheese Tray

Pair **low-fat cheese** with fruit like **apples**

Hummus

Made from **garbanzo beans**, **lemon** juice, tahini, **olive oil**, and garlic

Guacamole

Mix **avocado** with onions, **tomatoes**, serrano chiles, and **lime** or **lemon** juice



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Salsa

Combine **tomatoes**, onions, cilantro, jalapeno peppers, **lime**, **garlic** powder, cumin (found in **curry**)

Chicken Skewers

Grill **chicken breasts** marinated in **plain yogurt**, **curry**, fresh **ginger**, and **garlic**

Black Bean Dip

Purée low-salt or no-salt canned **black beans**, red onion, **orange** or **lime** juice, cilantro, **olive oil**, **garlic**, and cumin (found in **curry**) in a blender



Mixed Nuts

Walnuts, **almonds**, cashews, and peanuts

Bruschetta

Use **whole wheat** bread instead of white bread and top with heirloom **tomatoes**, a little **olive oil**, and lots of fresh basil

Smoked Wild Salmon

Serve smoked **wild salmon** with **lemon**, capers, and dill on **whole wheat** toast points

Pizza

Use **whole wheat** dough to make a thin crust, sprinkle lightly with **low-fat cheese**, top with **oregano**, and add grilled **turkey** or veggies like **spinach**, **asparagus**, and fresh **tomato**

Shrimp Kebabs

Marinate **shrimp** in **olive oil**, **garlic**, and **lemon**.

Shrimp Cocktail

Serve jumbo **shrimp** with homemade cocktail sauce made with low-sugar ketchup, horseradish, and **lemon** juice

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Sushi

Wrap sushi-grade **wild salmon** or **tuna**, **avocado**, cucumber, and **asparagus** in just a little brown rice then wrap with seaweed.



Edamame

Cooked **soy beans** go great with sushi

Yogurt Parfait

Top **plain Greek yogurt** with **blueberries**, **strawberries**, and **raspberries**, then sprinkle with chopped **almonds** for a tasty dessert

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URL to article: <http://www.amenclinics.com/cybcyb/foods-recipes/party-foods/>

URLs in this post:

[1] Top 50 Brain Healthy Foods: <http://www.amenclinics.com/my-brain-health/foods-recipes/50-best-brain-foods/>

[2] 10 Brain Healthy Spices: <http://www.amenclinics.com/my-brain-health/foods-recipes/10-brain-healthy-spices/>

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Embrace the Holidays with ADHD

Share the Joy!

Share the Joy with _____

Directions: Start with an action word.
Describe task further.
Include the reason for the task.
Check the Ta Da! Box when the task is done!

Example:

Action	Task	When	Reason	Ta Da!
Bake	Cookies	Tuesday evening	School party on Friday	✓

Action Task When Reason Ta Da!

				<input type="checkbox"/>
				<input type="checkbox"/>
				<input type="checkbox"/>
				<input type="checkbox"/>
				<input type="checkbox"/>
				<input type="checkbox"/>
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				<input type="checkbox"/>
				<input type="checkbox"/>

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