

Self-Compassion, Self-Care, and Mindfulness for Adult ADHD

Community Resources:

CanLearn Society:

- Support Groups- <https://www.canlearnsociety.ca/webinar-and-support-groups-update/>
- Counselling- intake@canlearnsociety.ca 403-686-9300 ext. 102
- ADHD Coaching - <https://www.canlearnsociety.ca/adhd-learning-disabilities/services/adhd-coaching/>
- Let's talk ADHD- <https://www.canlearnsociety.ca/adhd-learning-disabilities/services/for-adults/adult-adhd-group/>

Websites:

- <https://www.mindful.org/>
 - <https://www.mindful.org/what-is-mindfulness/>
- <https://www.understood.org/>
- <https://www.additudemag.com/>

Books:

- The Mindfulness Prescription for Adult ADHD, an eight-step program for strengthening attention, managing emotions, and achieving your goals, Lidia Zylowska, Ph.D.
- Falling Awake, how to practice mindfulness in everyday life, Jon Kabat-Zinn, Ph.D.
- Wherever You Go, There You Are, mindfulness meditation in everyday life, Jon Kabat-Zinn, Ph.D.
- Mindfulness for Beginners, Jon Kabat-Zin

Applications

- MindShift CBT-Anxiety
- Daylio- Mood tracking
- Calm- Mindfulness
- Breathly-Breathing
- Rainrain- Music/sounds
- Spotify- Search relaxing music
- Insight Timer (guided meditations)
- Head Space (guided meditations)
- MyFitnessPal-Food tracking
- Tasty-Food Recipes