

## ADD/ADHD

Memory tips for those with ADD

[https://www.additudemag.com/memory-tricks-adhder-see-adhder-do/?utm\\_source=eletter&utm\\_medium=email&utm\\_campaign=adult\\_july\\_2021&utm\\_content=072721&goal=0\\_d9446392d6-f048add653-288901977](https://www.additudemag.com/memory-tricks-adhder-see-adhder-do/?utm_source=eletter&utm_medium=email&utm_campaign=adult_july_2021&utm_content=072721&goal=0_d9446392d6-f048add653-288901977)

Going Back To The New Normal

<https://www.dyslexicadvantage.org/going-back-learning-to-live-with-the-new-normal/>

How To Avoid Turning Into a Zombie With Remote Learning

<https://www.dyslexicadvantage.org/how-to-avoid-turning-into-a-zombie-with-remote-learning/>

Back to Normal Sparks Equal Parts Relief & Unease in ADD Kids and Adults.

[https://www.additudemag.com/tag/coronavirus/?utm\\_source=eletter&utm\\_medium=email&utm\\_campaign=letterfromeditors\\_march\\_2020&utm\\_content=031820&goal=0\\_d9446392d6-af323af71a-2884384499](https://www.additudemag.com/tag/coronavirus/?utm_source=eletter&utm_medium=email&utm_campaign=letterfromeditors_march_2020&utm_content=031820&goal=0_d9446392d6-af323af71a-2884384499)

Can't Get Anything Done? Why ADHD Brains Become Paralyzed in Quarantine

[https://www.additudemag.com/polyvagal-theory-adhd-brain-cant-get-anything-done/?utm\\_source=eletter&utm\\_medium=email&utm\\_campaign=adult\\_august\\_2021&utm\\_content=081021&goal=0\\_d9446392d6-75389d979d-288901977](https://www.additudemag.com/polyvagal-theory-adhd-brain-cant-get-anything-done/?utm_source=eletter&utm_medium=email&utm_campaign=adult_august_2021&utm_content=081021&goal=0_d9446392d6-75389d979d-288901977)

Tips for Working From Home with ADHD

- [https://www.additudemag.com/working-from-home-adhd/?utm\\_source=eletter&utm\\_medium=email&utm\\_campaign=adult\\_march\\_2020&utm\\_content=031720&goal=0\\_d9446392d6-bbfd0117a9-288901977](https://www.additudemag.com/working-from-home-adhd/?utm_source=eletter&utm_medium=email&utm_campaign=adult_march_2020&utm_content=031720&goal=0_d9446392d6-bbfd0117a9-288901977)

Adult ADHD Is Misunderstood: Realistic Solutions for Managing Life, Time & Emotions

[https://www.additudemag.com/adhd-in-adults-getting-organized-managing-emotions-time/?utm\\_source=eletter&utm\\_medium=email&utm\\_campaign=adult\\_august\\_2021&utm\\_content=081021&goal=0\\_d9446392d6-75389d979d-288901977](https://www.additudemag.com/adhd-in-adults-getting-organized-managing-emotions-time/?utm_source=eletter&utm_medium=email&utm_campaign=adult_august_2021&utm_content=081021&goal=0_d9446392d6-75389d979d-288901977)