

S2E5 Ten Things Make ADHD Easier

[00:00:00] Hey guys, it's Lacy Estelle with An ADD Woman. And on this episode we're gonna just be very simplistic and I'm gonna tell you guys the 10 things. I literally cannot live my life without as an A D H D mom, ADHD adult, just as somebody who's living with A D H D in general. So let's dive in.

[00:00:29] Welcome to An ADD Woman podcast. I'm your host. Lacy Estelle, a Christian, a wife, a mother, a fellow, ADHDer, a writer, and now a podcaster. This is the podcast where we talk about ADHD from a Christian woman's perspective and everything, it intersects with our moods, our work, our relationships. The list is endless.

[00:00:52] We're going to dig deep into the core of our faith. We're putting our brains under a microscope and measuring ourselves based on the truth of God's word. It's not going to be easy, but I know it will be worth it. So are you ready to embrace joy? Peace. And even some self-discipline, or are you perfectly content with life passing you by while you procrastinate doing the dishes for the 600th time?

[00:01:16] The truth is understanding our ADHD brains won't always be comfortable. In fact, I'd venture to say the more I know my brain, the more frustrated I can become with it. But there is wisdom in embracing it and there're his joy in peace in molding it to a mind of Christ, not of ourselves, but you have to want it.

[00:01:34] So do you? Do you want more peace, patience, and productivity? If so, you are in the right place.

[00:01:42] Now, in full disclosure, just so you guys know, uh, I will link to all of these products in the show notes, but just keep in mind that they are affiliate links. You can find majority of them on Amazon. I'm not telling you guys about them just because I want to make the commission off of them.

[00:02:00] I'm telling you guys about them because I've used almost all of these products. Or all of these things for over a year now, and they literally really, truly do make my life easier. So with that said, I'm gonna go back from 10 to one of all the things, and I think this episode's probably gonna end up pretty short.

[00:02:22] Hopefully you, you know, hear some of these things and if you, you know, have an ADHD spouse and you're listening to this and you're thinking, I don't know what to get them for. A holiday or I don't know what to buy them for their birthday. Any of these things from this list are going to be very well received, I can tell you that.

[00:02:41] So, At number 10, I'm going to say this is my weighted blanket by gravity. Now, I specifically have the cooling weighted blanket by gravity, so it's lighter than their normal weighted blanket. And I prefer that because my husband, he sleeps very hot, and so we needed something that was going to be okay for both of us.

[00:03:05] But the, the weight and the pressure of the blanket itself genuinely helps me get better sleep now. I ended up having a sleep study done, uh, some time ago last year. They ended up telling me that I have something called P L M D, which is, um, periodic Limb Movement Disorder. So basically it just means that in my sleep, I kick myself awake over and over again.

[00:03:28] And so because of that, I don't really get good sleep now. They gave me a prescription medication. At that time. I had to stop taking it during my pregnancy. I have yet to see that doctor again. But I would say that the weighted blanket and the weight of sitting, that weight on all my muscles, I can't imagine, doesn't help.

[00:03:48] With my periodic limb movement disorder, I notice a significant difference in like my stress level just laying underneath the blanket. So that is something that I genuinely think any A D H ADHD or would love. Now I have the king size version, so my weighted blanket does come in at a whopping 35 pounds.

[00:04:06] Um, it is pretty heavy, but the great thing about the gravity blankets is the internal portion that is the weighted portion is actually, uh, tied into the liner of it. So where a lot of weighted blankets you get them in, they'll say that they're machine washable, but you know, you can only wash it by itself because it's so heavy for us.

[00:04:26] We can actually unzip the cover of the gravity blanket, take the weighted portion completely out of it. Wash the outer cover, no problem because it's light and then put it back on and it's really pretty easy to get back on all things considered. Now it is kind of heavy, so it does become a little exhausting.

[00:04:45] I get my husband to help me, but otherwise it, it, it's, it's a game changer guys, and it really, really is. So the next thing that I will tell you about, and ironically, Of course I'm not wearing it, but it is my Fitbit versus two. Now, in the past I've used other smartwatches. I had a Samsung smartwatch, you know, the one with a really big face on it, and I don't know about you, but, and, and call me crazy.

[00:05:14] I might just be crazy, I don't know. But. Bluetooth items that are close to my body. And I don't know if it's like their Bluetooth, like connective strengths or what, but they give me headaches. Now I've seen a few tos and reels, uh, ADHD reels of people saying that like their hair tie they've been wearing on their wrist all day is giving them a headache.

[00:05:38] So they put it, they put their hair up, and then the people kind of look at 'em funny. But I can tell you like anything Bluetooth, I had my Samsung watch for like a year. And I really wanted to love it. I wanted to love it cause I knew it had so many great capabilities, but it just, it would give me a headache.

[00:05:54] So when I met my husband, he had a Fitbit too, and I noticed that he could, like, he could get messages on it, he could respond to messages on it. And I asked him one day, I said, can I just, I just wanna borrow it for just a day. Cause I wanted to test and see like if the Fitbit too bothered me, like my Samsung watch had.

[00:06:11] Now granted, I will tell you this, my Samsung watch was, uh, phoned by itself. So like if my phone had died and I only had my watch anymore, people could, the calls would forward to my, to my watch until my phone came back on, which was kind of a cool feature. I'll give it that. But that was a whole separate thing I had to pay for with my phone carrier, whatever.

[00:06:33] I tested his Fitbit too, and it didn't gimme a headache, and I was like so impressed. And I was like, okay, what all does it do? And he's like, well, you know, I can get my text messages on it. I kind of flipped through some of the things I can do. Uh, you can set timers on it, you can set alarms. I can pull up my agenda fairly quickly.

[00:06:53] Um, which I really loved that. And I was kind of like, okay. So I started telling him, I'm like, okay, so you know, I'm never gonna go spend this kind of money on myself. That's a whole nother episode for a whole nother time. Something about, I don't know if it's just being a mom or what it is, but I just, I have some serious guilt trying to spend any sort of significant amount of money on myself.

[00:07:16] So, but you know, maybe next, my next birthday for Christmas, whatever, you can get me that. And I definitely want the pink one, the pink one, and the rose gold one. Cuz I mean, if it's not rose gold, it's, it's not, I mean, even my, my wedding ring is rose gold. So, so he did, he got me like the most amazing husband that he is.

[00:07:36] He got it for me, I think for Christmas. Um, and literally, guys, I wear it every day now. It tracks my steps, which sometimes I care about, sometimes I don't. It will allow for me to track, like if I am exercising, All great things that any sort of smartwatch or fitness watch will do for you. But what I really love about it is it will send me my messages.

[00:08:00] Now if somebody's calling me, the call will come through and I can ignore or accept the call on the watch, but I can't actually talk through the watch for the call. So like, if I accept the call for my phone, then the phone answers it and I just have to make sure I've got the phone like in my hand are available.

[00:08:16] So that could be kind of handy. Like if you're in the car and your phone's on Bluetooth and it's in your bag and you just wanna answer it, granted, you can also usually answer it through your car. But the things I really love about it is I can set timers on it, and if you have a D H D, you know how imperative it is to set timers for yourself when you're doing certain things because you get lost in the time that something takes.

[00:08:38] Literally this morning I was trying really hard to get my, I have a better microphone, and I really wanted that microphone to work and I've been trying to play with it to get it to work again, and I had to tell myself, okay, I can only spend 10 more minutes on this before I have to just hit record and record with whatever technology I have.

[00:08:56] So having a watch, you know, whether it's not the Fitbit, versa, but a watch that does that that allows for me to set timers is extremely helpful. I've also found just having the time on my hand like that, um, helps me keep track of time in general. Other thing I just found out about it is that it will also pop up for like my emails, my important emails will come through and so I can preview my emails right on my watch.

[00:09:23] I can preview my Facebook messages, I can preview my text messages and I can respond to text messages right on it, which is really nice. And I have also found that the voice to text feature on the watch seems to work better than, than even my regular phone voice to text. I don't know why, but it picks up almost exactly what I'm saying.

[00:09:42] Really, really well. I can control my Spotify from it. If I say, you know, I'm, I'm going for a run and I'm wearing headphones and I want to be able to change the song rather than having to pull my whole phone out, I can just change it right on my watch. And then it has other apps too. Now it doesn't have as many apps, obviously, as like the Apple Watch.

[00:10:02] But I don't know if the robust amount of technology that's available on those, you know, higher end smartwatches is what bugged me, you know, or what gave me, you know, headaches every day. I don't know, but I can just tell you Fitbit doesn't, it does not give me a headache. It does all the things that I need a smartwatch to do, which is really great, and it makes me feel more put together.

[00:10:26] It makes me feel more in control of my time, whether that's real thing or not. I'm just saying it really makes a difference. Uh, so number eight on my list is something that I newly discovered, and I don't know why I newly discovered it, because it has been around for a while and everybody's been talking about it for quite a while.

[00:10:46] But matcha tea. Oh, it is like heavenly. Okay, so I gave up everybody you might know if you follow me on Instagram that I gave up coffee over the last year. That all came back to that sleep study that I did. I did that sleep study. I have P L M D and my doctor was like, stop drinking caffeine. Okay, so in full of disclosure, does have caffeine in it, but Mati also has a bunch of awesome other stuff in it, like altheine.

[00:11:17] And Altheine is a known precursor for dopamine in the brain. Um, and because as a D H D people we're lacking in dopamine taking supplements, sometimes supplements that have some of those precursors like altheine tyrosine can help your mind to create dopamine on its own. Now, uh, what I will say is it will, is not a cure all for adhd.

[00:11:41] Now, when I used to drink coffee, I would drink coffee early in the morning and by like two, three o'clock, I was like, I, I was ready to take a nap. Um, and I usually, most people that I know of have to then take, drink more coffee. At that time, I stopped drinking coffee and it was one of the hardest things I ever did for real.

[00:12:01] And I ended up realizing that half of me just really just liked having something to drink. I just liked having a cup of hot, something that I got to sip on. It was more. Like a fidget. And so for a while I tried all sorts of different

teas. I did try Chicky root because Chicky root tea, basically that's where the coffee flavor that you get in coffee, it comes mostly from the chicky root.

[00:12:25] And so, and I wanted something that tasted similar to coffee, but had no caffeine in it. So I did that for a little while. But it just wasn't the same. And I ended up kind of just cold turkeying saying like, okay, fine, I'm just gonna do no coffee. And I finally got on the other side of it. It took me a long time, but I did finally get on the other side of it to where I didn't even crave really having something in my hand.

[00:12:47] And then I heard about the really great things about matcha. About how it has altheine, how it has antioxidants in it, how the low amount of caffeine that's in it doesn't have the caffeine crash. So I thought, okay, you know what? I wanna give this a try. And I started out by drinking, of course, macho tea lattes, um, from one of my favorite coffee shops in town.

[00:13:09] So, yeah. So there have been studies that show that mati, uh, because of the lc anine in it, um, it alters the. Effects that caffeine actually has on the body and on the brain. So rather than having that afternoon crash, I don't really seem to get that anymore when I drink matcha. So I order my matcha from, it's just organic.

[00:13:34] It comes in a really small pack. Literally a teaspoon is all you need, uh, per day. Um, I either put it in my protein shakes in the morning or I. Mix it in with, uh, hot milk and I actually whip that in the blender. Um, Or I, uh, mix it in with cold milk. I, I do, I do find because it's a powdered tea that it doesn't always, uh, doesn't always integrate with the milk really well unless you blend it.

[00:14:02] So, um, that's one thing that I guess is kind of a downside to it. But otherwise, guys, I am like tall, happy to have switched. Now, I'm sure when I go back to my sleep doctor, he's gonna tell me no. No caffeine. No caffeine at all. Because that's what he was telling me before. He said I could drink herbal teas, but I'm basically gonna say, yeah, I'm not giving up matcha.

[00:14:26] What I have, uh, I, I would say the kind that I get, it's only like 21 milligrams of caffeine per day, and I only usually drink, you know, one per day is fine. But the nice thing about it is I'm the type of person that, like I said, because I tend to sip very slowly. I might sip on the same one for five hours.

[00:14:46] You know, I'm a mom. I set it down a lot. So that's number eight. Number seven is Amazon Alexa dot the Echo dot specifically. Now we have a

variation, um, of the first generation in the second generation in this house. I don't have any third generation ones. I'm sure that they're, they're still awesome, but I can say without a doubt, Those things make our lives so much easier.

[00:15:13] I wrote a blog post sometime ago that actually, uh, laid out all the ways that I use the Alexas, uh, or the echo dots. But um, in general, just generally speaking, you can use them for communication. So each of the children have one in their bedroom. Um, we have one in the living room. We have one in our bedroom.

[00:15:34] And I think that's it. I actually just recently was telling my husband that I really. Would like, uh, one to be, um, in the room that I'm in right now, I guess it's kind of our like all-purpose room. Um, right now it's got a lot of kids toys in it and it's got my desk and a few other things. But just so that we have one, cuz our living room is at the back of our house and so sometimes when you pop in, so you can do something on Amazon Alexa called Drop in.

[00:16:01] Um, and you can do it from your phone and it basically, it's like a one-way call, uh, into whatever Alexa you're wanting to call on. And so I can drop in, um, and I, it'll pop up and it'll be like, doo. And so like the kids, if they're in the living room, they know that somebody's popping over the Alexa. Um, and I'll just say, Hey, kids, you know, and see if they can hear me and they can talk to me right through it, which is awesome.

[00:16:27] And so sometimes, um, I've done that, uh, if our kids, our kids have phones, but, uh, a lot of times our younger kids, they misplace their phones, which you wouldn't think would be possible with how much they love screen time, but, They do misplace their phones a lot and um, so because of that I'll just use the Alexas and it's great to be able to do that.

[00:16:50] I can also use them to set timers, the kids use them to set timers. Um, I use the Alexa to set oven timers all the time. Um, she can set more than one timer at once, so you know, whereas when you're on your phone or if I'm using my Fitbit, um, I can only use one timer at a time. And the Alexa, she can set multiple and we also use her for white noise at nighttime.

[00:17:11] Um, so my bedroom, we play, uh, rainforest sounds because the baby sleeps in our bedroom too, and it's nice, it drowns out all the noise. My husband, a lot of times goes to bed earlier than the rest of us in the house, so he will turn on. You know, rainforest sounds or he'll turn on thunderstorm sounds to drown out, you know, the walking and all that other stuff that he's trying not to hear.

[00:17:31] I mean, we're a household of seven, so it can be loud. Um, even when it's not trying to be loud, most of the kids use it to play that. It's connected to our Spotify, so they can also use it to play, you know, whatever songs they wanna play. It's just all around something that, I mean, we use it all the time. My kids get up in the morning, they say, you know, Hey, hey Alexa, uh, what's the weather supposed to be like today?

[00:17:54] She'll tell us exactly what to expect, to expect. Rain, to not expect, rain, to expect snow, average temperature, all those kinds of things. She also will tell us the time if we needed her to. So sometimes granted, yes, there's an oven clock. Yes, there's a microwave clock. Yes. Sometimes I have the watch on my hand, or sometimes I don't have the watch on my hand, but if I don't have my phone right by me or I don't have the watch on my hand, you know, I'll come in from outside and I just immediately will just say, Hey Alexa, what time is it?

[00:18:21] She'll tell me what time it is. She's just kind of like that. I don't know, other friend that's there to like give you information. You know, if you have lived in an h ADHD household for any length of time and majority of your kids like mine have ADHD as well. You know how often you are constantly like, Hey, can you grab that for me?

[00:18:38] Hey, can you tell me what time this is? Hey, can you, you know, all those different things. And Alexa just takes like just a couple of those off our plate, so we really cannot live without her. She's phenomenal. Number six, I'd say, and this is more for ADHD moms who have very rambunctious kids or have h ADHD kids, it, this is a play couch for the kids.

[00:18:57] Now they have, I think the, uh, name brand one is called Nugget. I do not have a nugget. I have an Amazon play couch for the kids, which is, it's just fine. It works great. It is the kind that has two layers and then it has the small triangles to sit as like a backrest. But my kids use them for all sorts of different things.

[00:19:19] They might lay out the the bottom mats and do flips on them. My bonus daughter, she likes to use them to build forts with my three-year-old. And all around they are just really helpful. Now, I also was just garage sailing and I came across some, like old school. They looked like they were the same sort of idea, like a play couch, but it was just like two small little chairs that folded up and then they folded out to be flat and, but then they folded back up.

[00:19:48] But you could clearly manipulate them to do different things. Um, and I totally. Bought those two. So we have those all over our house. And we live in Michigan. So in the winter months, you know, we might have to where it's cold okay. And there might be snow outside, um, which is fine if it a temperature where the kids can actually go out and handle it.

[00:20:10] But a lot of times the wind show will make it so it's, you know, negative 10, negative 15, and at that point they can't handle being outside for more than like five minutes, 10 minutes. And even like, there will even be like wind advisories in the wintertime. Cause it'll be so cold that you know, the government, our government will tell us that we have to stay inside and stay off the road.

[00:20:31] So in the wintertime, the house can kind of become like four suffocating walls for them because they need the outlet, they need to be able to move around. They need large motor, and if we can't get outta the house and go somewhere, then those couches, they come in handy. Seriously. Now number five on my list is a crockpot or a slow cooker.

[00:20:53] Now I will say I could honestly match this probably with an Instapot, but I don't have an Instapot. Do I want one? Absolutely. I want one, but I don't have one. But either way, a crockpot, a slow cooker, an instapot, something that helps you cook dinner timely, quickly, or in an in an effort to where you don't have to think about it.

[00:21:13] Phenomenal. I also just recently figured out that Aldi sells, uh, crockpot liners and has the type of person that anytime I'm cooking the crockpot, of course, cuz I have adhd. The idea of cleaning the crockpot becomes super overwhelming and I will just leave it sit by the sink for indefinite periods of time, which is not good.

[00:21:33] So with that said, all these cells crockpot liners, and they are probably right up there with the crockpot. As far as my list of things that are like. Make my life easier. I can put them right in the crock pot. I can cook the food just the same as always. They're vpa free. And then when I'm done, I can either take like that bag and put a twist tie on it and save whatever it is.

[00:22:00] Like if, if I made like a soup or something. If not, I can always, you know, empty the food out of it and then I can just take the bag out and send it away. And it is super convenient and then I literally, the crockpot is still clean. I can just put it back away. So if you are gonna get one of those, definitely recommend that.

[00:22:17] As far as the Instapot goes, I'd say, um, that I remember my parents had one at one point. Uh, they could cook. My dad could cook a, like three pounds of ground beef in like 10 minutes from frozen, which was amazing. Um, so I would say that that's one of the reasons why I would get one of those, um, and why I want one.

[00:22:39] So number four on my list of things I cannot live without is my Google calendar. Now that goes without saying. I think half of this list, I probably have talked about timers and reminders and agendas, but. Literally when you have a D H D, you have to find a way to create all of your executive functions that you normally would have inside your brain and put them outside of your brain somewhere.

[00:23:03] And to do so means that you use your Google Calendar like a lot, a ton. So my Google Calendar is definitely, definitely high on my list. I've talked about it numerous times. I am able to put appointments in there. I set reminders for them to pop up for me for an hour before them, 10 minutes before them, but also a day before.

[00:23:26] And then sometimes if it's a really important one or if it's something that I know I'm gonna need like a week to plan, I will set a reminder for me the week prior too, so that like, I do not forget. Is it a fail safe? No. I still forget. I still forget sometimes that I have super important things coming up.

[00:23:43] It sucks. Sometimes it ends up like a text message, you know? Uh, it'll pop up on my phone. I'm like, oh, yeah, okay. I remember. And I swipe it away. I still forget about it. But I'd say it minimizes that like as much as possible. So Google Calendar cannot live without it. Number three, and this is something I only just started using, is small organizing containers.

[00:24:05] Now, uh, my sister bought me these ones off of Amazon, uh, that I asked her for. They came in like a really big box of like 40 to 50 of them. And they were varying sizes from like this size, all the way to like double that and then even down to like small squares. And they were stackable so you could put them inside of each other.

[00:24:23] But I used them to organize all of my drawers in my house and they have worked phenomenally well. I. I can't say anything bad about them. I wish I had one in my hand so I could show you exactly what they look like. But they are really, really great. The other thing about, uh, these small organizing containers is I was able to use them in my medicine cabinet.

[00:24:46] I was able to use them in my, uh, silverware and like my, not like your silverware drawer, but like your cooking utensils drawer. For all my cooking utensils that like, I don't want out on the counter in like my little lazy Susan, but they're clear so you can see everything right in there. And I also used them, so like the ones that I used in my medicine cabinet, I like created a way for them to like be like, the medicine kind of like steps down.

[00:25:13] So like rather than just like I used to open the medicine cabinet and you had to like reach in the back and pull up every bottle so you could see what everything that was back there. Now. With the containers, um, they actually sit up, so like I can see it's like a tiered, tiered tray system, and they just, they make everything so much easier.

[00:25:32] I want more, but a lot more, so I will be getting even more. Number two on this list is whiteboards. Um, we have. Three in our house and we have a really big rolling one that is like right behind me that I can't quite show to you right now. But we have that one. We also have one that is, uh, in our entryway in our kitchen, and then we have another one.

[00:25:56] But it's more just kinda like an as needed type thing, like it doesn't stay put up somewhere. Now, one thing I have found is that I'll write stuff on the whiteboard and it's helpful for a little while and then I forget to like rewrite stuff on the whiteboard. But for us, having them in the place that we see on a regular basis.

[00:26:16] Super helpful and it, it's also helpful for like jotting down notes. So like if I just need to like write something down really fast, I'm more than likely gonna write it on the whiteboard. It's also good for things that I don't really wanna put in my calendar. So my calendar I mainly use for future events, but um, the whiteboard, I can put stuff down that like, I need to remember like, okay, we started this medication on this day and this is how it went.

[00:26:39] Or you know, like we have two dogs, so a lot of times our dogs need medication and so we'll write. You know, on there that, um, our dog, Molly started medication on this day and it was this dose. And so they're just super, super helpful with like notes throughout the day or reminders, you know, if I have something super important coming up and I have a deadline for it, that's where I'm gonna write it, is on the whiteboard.

[00:27:02] So number one on my list, and yes, I have to be this cliché of course, is Jesus. It's Jesus, I mean, I've talked on this podcast. In the beginning, I wasn't really talking too much about my faith, but as I've gone on, my faith has become

integral in the way that I see my adhd and the way that I see my tendencies and the way that I see my impulsive behavior.

[00:27:26] Because, you know, at the end of the day, I think that struggles with our mental health. They're, it, it's a, it's a sin problem. It's not necessarily. That having a mental health issue is a sin. That's not what I'm saying. What I'm saying is, is our world is broken. I believe that. Um, and because our world is broken, I understand that my body, my brain, are not always going to match up with the idealistic standards, that one that I set for myself, but also that God had wanted for us.

[00:27:58] And so without Jesus's unbounding, grace and mercy. I wouldn't, I wouldn't be here. And I can, I can say that literally because I know where I have been in my low points and he's the only reason I was able to crawl out of them. The only reason, so while, you know, the rest of this list was a list of products, uh, Jesus is not something you have to buy.

[00:28:28] Uh, he gave himself to us for free. And I would encourage you, if you're listening to this and you are, you know, you're a Christian woman and you're telling yourself, oh, I, I love listening to her. I love that she talks about Jesus and she doesn't leave him out. And that's great. Okay, that's wonderful. But I want you to know him.

[00:28:45] So I want you to get a Bible and I, I'll tell it to you the way I tell my kids. Cuz my kids ask me, you know, mom, especially when I really surrendered to Christ and I started reading the Bible on a regular basis and I was reading it to them and they were like, why are you doing this now? If you knew somebody and you'd only ever met them maybe one time in your life, and you ended up finding out that they were going around telling people that they knew you and that they know how you are and they know who you are, would you be okay with that?

[00:29:15] Would you be okay with that person being able to give an account of who you are and what you did if you wouldn't be okay with that? Because that person obviously is just an acquaintance and you only met them one time. Then what would you do differently? And so for me, I wanted to know Jesus. So I read his word in reading his word.

[00:29:34] I learned more about him than I ever learned from anybody else who ever claimed to know him. And even, you know, even I think pastors are integral and super important and there is some very, very anointed men that I find, um, extremely knowledgeable about the word that have helped me with

my walk. But I can't tell you, you know, the Bible says that if you ask for wisdom, it will be given to you.

[00:29:59] And so I've prayed for wisdom prior to reading my Bible many times over. And God is always faithful to that. He is always faithful to that. He, um, he gives me, um, the wisdom to understand, um, whatever it is that I need to understand. Yeah, I can't get through a day without him. Because there are days, there are still dark days for me, especially being postpartum this time right now.

[00:30:26] There are still days for me where my medication doesn't work. There are days for me where I have set myself a standard that I know I can't achieve or that I know I can't reach, and I am constantly waging war on myself of am I doing enough? Am I doing it right? Am I. Living my life the way that I'm supposed to am I, you know, spreading myself thin enough for all the people that I love, you know, and, and then at the same time, when I do that, I, I get, I become resentful and angry and is only because of Jesus that I'm able to continue to sustain everything, all the stress, all the things, everything that I have going on.

[00:31:05] It's only through him. So, yes, he is number one. So that concludes this list of the 10 things that I really, I feel like make my A D H D life easier and make my A D H D life. Less complicated. So I will link to a blog post that has, uh, links for all of the products that I mentioned. Um, obviously Jesus is free, so that is something that you will have to, uh, come to know him and I would really encourage you to read his word.

[00:31:40] Um, you could start with the Book of John. And if you have questions, you can message me. You know, I'll do my best to send you to resources that I know are, are valid and strong and wise as far as in understanding it. But yeah, if you really, if you really want your life to change, I'd say start there.

[00:31:59] Genuinely, genuinely start there reading the word of God. And, uh, yeah. So I hope you guys have a awesome week, and I will be talking to you soon. Bye for now. This is the end of this episode. Thank you so much for listening. I hope you gained some insight into your brain and your Bible. I'd love to stay connected with you, so be sure to subscribe to the podcast and drop your email at our website and a d d woman.com so you never miss a new episode.

[00:32:30] Remember, A D H D isn't who you are. It's how your brain is wired. You are a capable, talented, amazing, and beautiful woman, and God loves you and your brain.