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## Stretch & shine

Daily stretching and low-impact exercise offer a wealth of benefits, from improved flexibility to reduced stress. Incorporating these practices into your routine can be easier than you think.

- Start slowly and listen to your body. Don't push yourself too hard, especially when starting. If you feel pain, stop immediately.
- Focus on major muscle groups. Include stretches for your neck, shoulders, back, legs, and arms. Hold each stretch for 15-30 seconds while breathing deeply.
- Try stretching during work breaks or while watching TV. These short bursts of stretching can make a difference.
- Consider low-impact exercises. Activities like swimming, cycling, and yoga are gentle on your joints while providing a great workout.
- Drink plenty of water to help keep your muscles flexible and reduce the risk of injury.

# Budgeting out loud

The term, “loud budgeting” involves openly discussing your financial goals and spending habits with trusted friends or family. This isn’t about bragging or feeling ashamed. It’s about building a support system to help you stick to your plan.



## ACCOUNTABILITY

Sharing your budget with someone creates a sense of accountability. Knowing that someone else is aware of your financial goals can motivate you to stay on track, even when temptations arise. It’s like having a workout buddy for your finances.

## HOW IT WORKS



## SHARED EXPERIENCES

Talking about money with others can open up a valuable exchange of information. You might discover new budgeting apps, money-saving strategies, or learn how others handle similar financial challenges.



## CONSTRUCTIVE FEEDBACK

Friends or family may offer valuable insights or identify areas where you could improve your budget. They can provide an objective perspective and help you see blind spots you might have missed.



## IMPROVED COMMUNICATION

For couples or families, loud budgeting can be a great way to improve communication about finances. It can ensure everyone is on the same page and working towards shared goals.



## MOTIVATION

Celebrating small financial wins with your support group can provide a real boost of motivation. Sharing your progress makes the journey more enjoyable and reinforces positive financial behaviors.



## STRESS REDUCTION

Openly discussing financial challenges can be a powerful stress reliever. Sharing your worries can help you feel less overwhelmed and more in control of your financial situation.





# Realities of adult ADHD

Many adults experience Attention-Deficit/Hyperactivity Disorder (ADHD) symptoms that impact their daily lives but may have gone undiagnosed or misdiagnosed for years. Recognizing the signs and seeking professional help can transform lives.



## SIGNS & SYMPTOMS

- Struggling to maintain focus, easily distracted, and trouble completing tasks, even seemingly simple ones
- Making rash decisions, interrupting others, and difficulty waiting their turn
- Feeling constantly “on the go,” fidgeting, and having difficulty relaxing
- Chronic lateness, difficulty prioritizing tasks, and struggling with organization
- Increased irritability, mood swings, and difficulty managing emotions, leading to frustration and relationship challenges
- Frequently misplacing items, missing appointments, and struggling to remember important information

## DIAGNOSIS

An evaluation is done by a doctor or mental health professional that includes:

- Discussing childhood experiences, current symptoms, and any family history of ADHD
- Assessing the frequency and severity of symptoms using standardized assessment tools
- Evaluating attention, memory, and executive function to identify specific areas of strength and weakness
- Ensuring that your symptoms are not caused by another medical or mental health issue, such as anxiety, depression, sleep disorders, or thyroid problems, which can mimic ADHD.



## TREATMENT

- **Medication:** Stimulant or non-stimulant medications can help improve focus, attention, and impulse control. A doctor will work with you to find the right medication and dosage.
- **Therapy:** Cognitive Behavioral Therapy (CBT) can help you develop coping skills for managing symptoms, such as time management, organization, and emotional regulation.
- **Lifestyle changes:** Regular exercise, a balanced diet, and sufficient sleep can significantly improve ADHD symptoms. Even moderate physical activity can make a big difference.
- **Support groups:** Connecting with others who understand your challenges can be incredibly validating and helpful.

# Taming intrusive thoughts

Having intrusive and distressing thoughts and images pop into your head is common. Understanding them and developing coping strategies can help manage them effectively.



## SELF-CARE

- Recognize that intrusive thoughts are normal. Don't judge yourself for having them. Trying to suppress them often makes them stronger.
- Mindfulness techniques, like focusing on your breath or the present moment, can help you detach from intrusive thoughts without getting caught up in them.
- Ask yourself if the intrusive thought is rational or based on fear. Often, they are worst-case scenarios, not likely realities.
- When intrusive thoughts arise, redirect your attention to a positive activity you enjoy, such as listening to music, exercising, or spending time with loved ones.
- If intrusive thoughts are frequent, distressing, or interfering with your daily life, don't hesitate to reach out to a mental health professional. They can provide guidance and support, including Cognitive Behavioral Therapy to help manage these thoughts.

