

## October is ADHD

### Awareness Month!

ADHD can significantly affect an individual's self-esteem, relationships, academic performance, and work life.

ADHD awareness month provides an opportunity to learn about ADHD, correct common misconceptions, stereotypes, or misunderstandings, encourage inclusivity, and promote better understandings of the needs of neurodiverse populations.

## Mental Health Crisis Lines:

- National Suicide & Crisis Lifeline: **Call or Text 988**, or call 1-800-273-TALK (8255)
- SAMHSA National Helpline: 1-800-662-4357
- National Mental Health Hotline: 1-866-903-3787
- The Trevor Project: Call 1-866-488-7386, Text 'START' to 678678
- NAMI Helpline for Peer Support for Teens & Adults: 1-800-950-6264
- National Sexual Assault Hotline: 1-800-656-4673

## Free Social/ Support Groups:

- NAMI Virtual Recovery Mental Health Support Group – Meets via Zoom each Tuesday from 6-7:30pm (For details, email [namibrevard@gmail.com](mailto:namibrevard@gmail.com))
- DBSA Online Support Groups – Meets daily via Zoom (visit [dbsalliance.org/support](https://dbsalliance.org/support) for info)
- Good Company Gatherings – A free gathering to meet new friends and support each other – Meets on the 3<sup>rd</sup> Wednesday of each month from 6:30-8pm at the Moon River Café in Melbourne, FL.

## OCTOBER EXECUTIVE FUNCTIONING CHALLENGE

			Create a 3-step morning routine	Get a planner to help add structure and remember tasks	Set reminders for important tasks for the month, and add them to your planner	Spend some time outside today and disconnect from technology
Set up an end-of-day routine to help you prep for tomorrow	Spend 5-10 minutes decluttering a small space	Keep a "Done List" to track your accomplishments	Engage in a deep breathing exercise or 3-5-minute meditation	Try habit stacking – attach a new habit to an existing one	Practice breaking down your repetitive or important tasks into small steps	Set up a distraction-free workspace at work and at home
Create a daily schedule for the coming week. What do you want to focus on each day?	Start your day with a brain dump – write down everything on your mind	Try the 2-minute rule: If it takes less than 2 minutes to do, do it today	Don't forget... Reward yourself for completing tasks! You're doing great!	Spend 5-10 minutes decluttering a small space	Focus on how you will feel when you complete a large task or project.	Try completing a task with a friend to help with motivation and follow through
Write a list of common distractions, and write a plan for how to prevent each one	Try out the Pomodoro technique: 25 minutes of focus then a 5-minute break	Spend 5-10 minutes decluttering a small space	Pick one priority task for the day and break it down into easy steps	Experiment with background music or white noise. Does it help to improve your focus?	Reflect on your current diet and sleep habits, and how you may want to change them	Have a down day. Relax, unwind, decompress, and take care of yourself
Set aside time for important people and relationships today.	Go for a walk to clear your head. Practice mindfulness and be present on your walk	Research the 'Eisenhower Matrix' and see if it could be a useful tool for you	Spend 5-10 minutes decluttering a small space	Write down one skill that you found helpful or useful this month	How can you create routines with the skills given this month that you found helpful?	



## WHAT'S HAPPENING?

- **Oct 1<sup>st</sup>** – Brevard Business Alliance Networking Meeting; Networking for local business owners at Orleans By The River Bistro in Titusville from 8-9am. Every Wednesday!
- **Oct 1<sup>st</sup>** – Villon Comedy Open Mic Night; Free open mic comedy night, watch or perform at Villon Coffee Co in Downtown Melbourne from 8-10p. Occurs every Wednesday!
- **Oct 2<sup>nd</sup>** – Cine-mania movie night showing Coco at the Satellite Beach Library at 3:30p.
- **Oct 2<sup>nd</sup>** – Sunset Yoga; Free event at 6pm at Ryckman Park. Occurs every Thursday!
- **Oct 3<sup>rd</sup>** – Bird Walk & Nature Hike at Sam's House at Pine Island Conservation Area in Merritt Island from 9-10a. Occurs every Saturday of the month!
- **Oct 4<sup>th</sup>** – 8th Annual Dare to Care Mental Health Fair – Free event at Suntree United Methodist Church from 8a-1p providing mental health seminars and resources for local services and providers. See details and register at [SuntreeUMC.org/MentalHealth!](http://SuntreeUMC.org/MentalHealth!)
- **Oct 4<sup>th</sup>** – Cars & Coffee; Free event at Tint World Melbourne from 9a-12p. Take a stroll while looking at high-end, exotic, custom cars, and more! Every 1<sup>st</sup> Saturday!
- **Oct 4<sup>th</sup>** – Kids Fest in Riverview Park in Sebastian from 10a-4p; Free event!
- **Oct 4<sup>th</sup>** – Unity in the Community Music Festival – Free event in Downtown Melbourne area from 11a-6p with vendors, live music, food trucks, and more!
- **Oct 4<sup>th</sup>** – Free cooking class and demo at the Cocoa Beach Library from 1-2p.
- **Oct 4<sup>th</sup>** – Pokémania; Free Pokémon battles or card trading at Titusville Library from 2-4p.
- **Oct 5<sup>th</sup>** – Free Ranger-Led Tour of Turkey Creek from 10-11a. Every 1<sup>st</sup> & 3<sup>rd</sup> Sunday!
- **Oct 7<sup>th</sup>** – National Night Out; Free family-friendly event with food, fun, and activities from 5-8p in 3 locations in Melbourne: Eddie Lee Taylor Sr Community Center, Carver Park Community Center, and Heritage Park at Crane Creek!
- **Oct 10<sup>th</sup>** – Friday Night Live; Free outdoor family event at the West Melbourne Community Park from 4-8p. Occurs the 2<sup>nd</sup> Friday each month!
- **Oct 10<sup>th</sup>** – Food Truck Friday at Larry L Schultz Park in Rockledge from 4:30-7:30p.
- **Oct 11<sup>th</sup>** – Creature Fest; Free family event at the Barrier Island Center from 10a-2p with games, animal encounters, touch tanks, crafts, scavenger hunts, food trucks, and more!
- **Oct 11<sup>th</sup> & 12<sup>th</sup>** – 5<sup>th</sup> Annual Fall Art & Craft Expo at Wickham Park from 10am – 4pm.
- **Oct 15<sup>th</sup> & 16<sup>th</sup>** – Melbourne Community Orchestra presents free concert: Fantastical Voyages, a fantasy-inspired concert at the Melbourne Auditorium from 6:15-9p.
- **Oct 17<sup>th</sup>** – Free Concert Series at Wickham Park from 6-9p. Enjoy live music from the Bella Donna Project as they cover the greatest hits of Stevie Nicks! Food trucks also available.
- **Oct 18<sup>th</sup>** – Indian River Lagoon Day; Free family-friendly event at Front Street Park from 9a-2p with vendors, games, food trucks, live music, and more!
- **Oct 18<sup>th</sup>** – Movie Night at the Pool; Free showing of Monsters Inc at the Palm Bay Aquatic Center. Open swim at 5:30p, movie at 7p. Can also bring chairs and blankets for movie!
- **Oct 18<sup>th</sup> & 19<sup>th</sup>** – Fall Arts & Crafts Fair in Cocoa Village from 10a-4p. Free event!
- **Oct 21<sup>st</sup>** – Rockledge National Night Out; Free Trunk or Treat event with free food, candy, snacks, activities, music, slides, and more! 1801 S. Fiske Blvd from 4-7p.
- **Oct 22<sup>nd</sup>** – Free business webinar at 11am presented by Space Coast Credit Union to learn the basics of Google ads. Register at [scu.com/GoogleAdsWebinar](http://scu.com/GoogleAdsWebinar)
- **Oct 24<sup>th</sup>** – Kidtober Fest Cars Under the Stars – Free drive-in showing of The Nightmare Before Christmas at Wickham Park from 5-9p. Some food and snack vendors available.
- **Oct 24<sup>th</sup>** – Free movie night: The Minecraft Movie at Twin Piers at Riverview Park at 7p.
- **Oct 25<sup>th</sup>** – Free Indoor Trick or Treat event at the Melbourne Auditorium from 10a-2p.
- **Oct 25<sup>th</sup>** – Fall Fest at Fred Poppe Regional Park from 5-8p. Free event with games, crafts, hay rides, trunk or treat, costume contest, live music, and food trucks and vendors.
- **Oct 25<sup>th</sup>** – Halloween Golf Cart Parade in Historic Cocoa Village at 7p.
- **Oct 27<sup>th</sup> – 31<sup>st</sup>** – Spooky Mini Golf at the Port St. John Public Library from 9a-6p. All ages!
- **Oct 28<sup>th</sup>** – Free computer course: Social media for beginners, artists, writers, and small business owners; Cocoa Beach Library from 1-2:30p.
- **Oct 28<sup>th</sup>** – Whatcha Reading Book Club at the Titusville Library from 2-3:30pm. Tell us what you're reading this month! Suggested theme for October: James Patterson.
- **Oct 31<sup>st</sup>** – Domino Girls; Come learn and play the game of dominos for free at the Melbourne Beach Library from 10a-1p.
- **Don't forget to check online for other local events through city event calendars, local library event calendars, or social media!!!**

## October Monthly Journal

### Prompt:

Describe what it feels like when your attention is scattered versus when it is engaged. How does your attention change throughout the day? What activities naturally capture your attention? What environmental factors help you focus best? What distractions are hardest for you to resist, and why do you think that is? Identify procrastination behaviors.

Do you tend to over- or under-estimate time needed for tasks? Describe your ideal productive day from wake-up to bedtime. What would you do if you had unlimited focus for one day? What systems or routines could help you to accomplish this in reality? What are 3 tasks that feel most overwhelming right now? Break each task into smaller, specific action steps to provide yourself with more direction and clarity for what needs to be done. List 5 things you accomplished last month, no matter how small. How did you make them happen?

## October Mental Health Podcast Recommendation:

Visit [add.org/adhd-awareness](http://add.org/adhd-awareness) to access free daily podcasts and free weekly webinars relating to symptoms, skills, and support for ADHD and neurodiversities!

## October Monthly Self-Help Tool:

Goblin Tool is a website and phone app that utilizes an AI software to help with breaking down large tasks into action steps, managing time, organizing thoughts or tasks, and improving task-driven stress.

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