

THE RUBBER AND THE ROAD

Essential Resource Toolkit for Making Change Happen

A streamlined guide for survivors, advocates, frontline workers, and anyone ready to turn knowing into doing

The Rubber and the Road Toolkit

ADHD & NEURODIVERGENCE SUPPORT

Essential Books:

- ADHD 2.0 by Edward Hallowell & John Ratey
- Trauma-Sensitive Mindfulness by David Treleaven
- Self-Compassion by Kristin Neff

Community:

- ADDA Virtual Support Groups – \$50/year for professionally moderated groups
- CHADD Local Chapters – Free meetings nationwide

🌟 **Ross's Personal Insight:** *"You're not broken—you're upgrading your operating system. I've learned to see my ADHD as my superpower for creativity, innovation, and seeing connections others miss."*

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ESSENTIAL APPS & TOOLS

🌟 Ross's Top Daily Apps:

- **Due** – Reminders that nag until you **complete** tasks
- **Fantastical** – Calendar that makes scheduling effortless
- **Voice Memos** – *"If I don't write it down, it doesn't exist"*
- **Happier** – Practical meditation app
- **Endel** – Personalized focus and sleep sounds

ADHD-Designed Tools:

- **Tiimo** – Visual daily planner with colorful layouts
- **Goblin Tools** – Break down overwhelming tasks
- **Focus Bear** – Step-by-step habit guidance

Focus & Organization:

- **One Sec** – Adds friction to social media apps
- **Twos** – Simple task and reminder capture
- **Forest** – Gamifies focus through tree-growing

AI-Powered Productivity:

- **Claude AI** – Advanced AI for complex thinking
- **Perplexity AI** – Research with cited answers
- **NotebookLM** – AI research assistant for your documents

Life Management:

- **Copilot** – Finance tracking
- **Dashlane** – Password manager
- **Clay** – Relationship and networking management

Learning Tools:

- **Readwise** – Resurfaces your highlights and notes
- **Snipd** – AI podcast highlights
- **Next Big Idea Book Club** – Condensed book insights

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HABITS & DAILY RITUALS

Ross's "Heroic ADHD" Top 10 Daily Rituals

1. **Pray, Practice Gratitude & Meditate** – *"Best start and end to any day"*
2. **Write Everything Down** – *"If I don't write it down, it doesn't exist"*
3. **Use a Password Manager** – *"Your data is only as safe as your password"*
4. **Turn OFF All Notifications** – Only keep reminders and calendar
5. **Find Your Reminders System** – Choose 3 big tasks daily, not 20

6. **Eat Real Food & Sleep Well** – *"ADHD negatives magnified by lack of sleep"*
7. **Double Your Time Estimates** – *"Time management is not our superpower"*
8. **Move Your Body** – Physical exercise alters brain chemistry
9. **Find Your Focus Music** – No lyrics work best
10. **Live by Your Calendar** – Schedule everything that occurs on set times

Quick Habit Starters:

- **2-Minute Rule** – Start with just 2 minutes
 - **Stack Habits** – Attach new habits to existing routines
 - **Identity First** – *"I'm someone who..."* then let behavior follow
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MINDFULNESS & EMOTIONAL REGULATION

Trauma-Sensitive Basics:

- **Eyes-Open Meditation** – Keep eyes soft-focused for safety
- **Permission to Stop** – Always okay to pause or exit
- **TIPP Technique** – Temperature, Intense exercise, Paced breathing, Progressive muscle relaxation

💡 **Ross's Approach:** *"Happier app works for me because it's practical, not mystical. Start with 5 minutes."*

Crisis Skills:

- **54321 Grounding** – 5 see, 4 hear, 3 touch, 2 smell, 1 taste
 - **Cold Water** – Splash on face to activate calming response
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ENERGY & RESILIENCE

Spoon Theory: Different energy types—executive functioning spoons, sensory spoons, social spoons. You might have mental spoons but no social spoons today.

💡 **Ross's Energy Rules:**

- **Simplify Environment** – *"Clutter is distraction waiting to happen"*
- **Eliminate Choice** – *"Decide once, execute repeatedly"*
- **Prepare Night Before** – Map out important events
- **Live 30 Minutes Early** – *"Less stress, happier you"*

RSD Management:

- **Name It** – *"This feels like RSD"*
 - **Ground Yourself** – Use 54321 technique
 - **Self-Compassion** – *"I'm having a human response"*
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REFLECTION & CONNECTION

Ross's "5 Magic Questions" for Relationships:

1. What are your expectations?
2. What makes you feel loved?
3. Will you forgive me for...?
4. What's one thing we can do to improve our relationship?
5. What's it like to be in a relationship with me?

Self-Discovery Questions:

- What do you enjoy?
- What comes effortless for you?
- What do others encourage in you?
- What gives you energy?

Priority Setting (The Three R's):

- What's **Required** of me?
 - What's my **Return** (brings joy/passion)?
 - What's **Rewarding** to me?
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CRISIS SUPPORT

Emergency Resources:

- **National Domestic Violence Hotline: 1-800-799-7233** – 24/7 confidential support
 - **988 Suicide & Crisis Lifeline (U.S.)** – 24/7 support
 - **Crisis Text Line: Text HOME to 741741**
 - **PTSD Coach App** – Free VA-developed crisis tools
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QUICK WINS

Right Now (5 minutes):

- **Put phone** in another room
- **Take 5 deep breaths** (exhale longer)
- **Write down ONE thing** you're grateful for
- **Record a voice memo** of something important

🌟 **Ross's "Complete It Now" Rule:**

"If you can complete something now or later, always choose now. Cross it off and get it out of your mind."

This Week:

- **Download ONE starred app** and try it for 7 days
- **Turn off** non-essential notifications
- **Try the 2-minute rule** with one habit

This Month:

- **Create ONE simple routine** (morning or evening)
 - **Set up** a password manager
 - **Find** your focus music
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ROSS'S SUCCESS PRINCIPLES

1. "You need a team" – People who believe in your gifts
 2. "Rules are required" – Non-negotiables you always follow
 3. "Preparation prevents panic" – Plan ahead to avoid triggers
 4. "Less stuff is better" – Simplify everything possible
 5. "Forward motion is fun" – Track progress for momentum
 6. "We are wickedly creative" – Lean into strengths
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CLOSING MESSAGE

From Ross: "Temporary can't become permanent. Energy is your most valuable currency—spend it intentionally. You're not broken—you're upgrading your operating system."

Remember: Change is possible. You have everything you need to start. Even the smallest steps matter.

Progress over perfection. Connection over isolation. Curiosity over judgment.

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START HERE

FEELING OVERWHELMED? HERE'S YOUR SIMPLE START:

Don't try everything at once.

Pick ONE starred (🌟) item that calls to you and try it for a week.

That's it.

Small steps create big changes. You've got this.

🌟 = Ross's Personal Favorites and Lived Experience
