

Stressed, Overwhelmed and Exhausted?

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Chesapeake Bay Academy

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Procrastination is exhausting



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The constant inner monologue is exhausting



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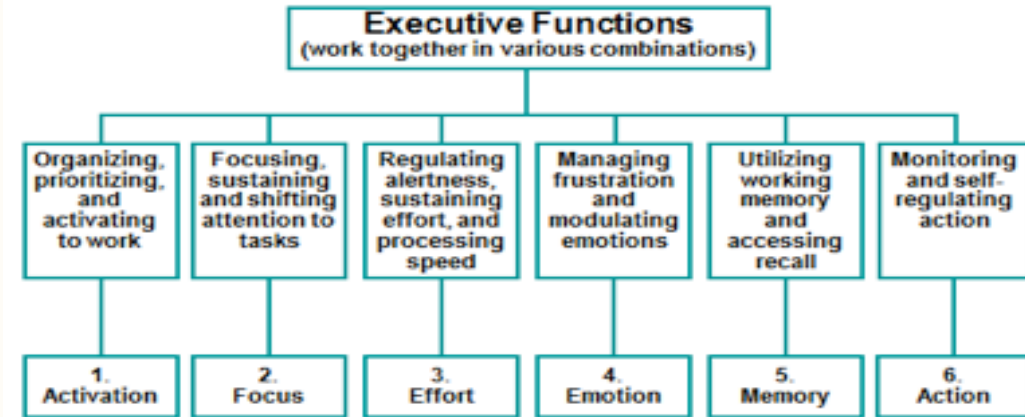
Transitions are exhausting

Making decisions is exhausting

Lack of sleep is exhausting

Executive Function

Executive Functions Impaired in ADD/ADHD



(TE Brown (2005))

How Do Executive Functions Work?



Without the “Conductor” musicians don’t perform well

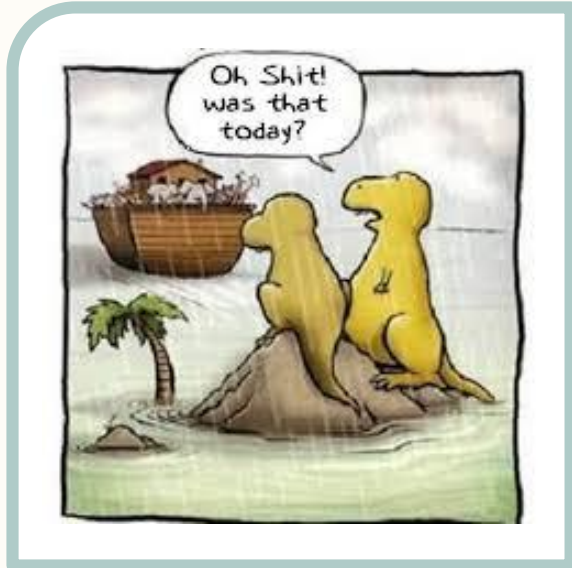


Without some control of Executive Functions the ADHD brain does not perform well.

ADHD is a Disorder of Self Regulation

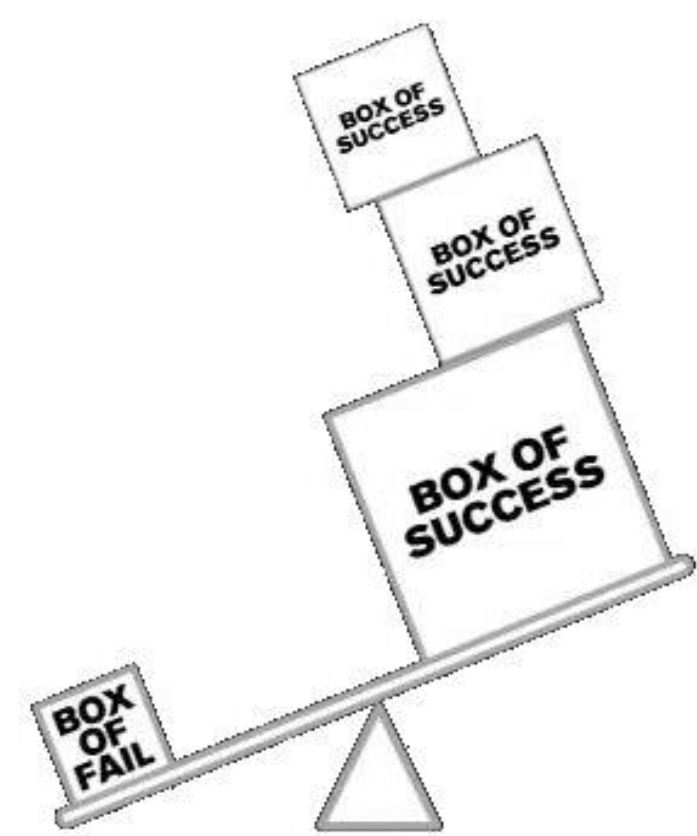


- Self regulation is centered in EF/PFC of the brain
- Attention
- Starting/Stopping
- Emotions
- Self Talk
- Prioritizing/Organization
- Listening/Communicating
- I don't feel like it....



Procrastination

- NOT ENOUGH TIME
- TOOK TOO MUCH TIME
- CAN'T ESTIMATE TIME
- LOST TRACK OF TIME
- I'LL HAVE TIME LATER



Inner Monologue/Gremlin

- EVERYBODY ELSE CAN...
- THINGS NEVER WORK OUT FOR ME
- EVERYONE ELSE ARE IDIOTS
- IF ONLY...
- YOU'RE JUST LAZY, STUPID, CRAZY
- IT'S NOT GOOD ENOUGH
- WHY BOTHER?

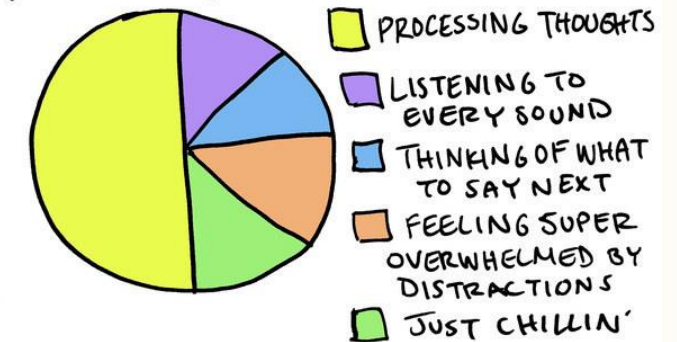


Focus/Concentration

WHAT PEOPLE THINK
"ZONING OUT" MEANS:



WHAT "ZONING OUT"
ACTUALLY MEANS:





ADULTING To-Do List

TODAY'S DATE: _____

TASKS:

-
-
-
-
-
-
-
-

CHECKLIST:

- Showered
- Took vitamins (gummies count)
- Wore pants
- Matched my socks
- Got off the couch
- Ate a vegetable
- Didn't set anything on fire
- Did not have cereal for dinner

APPOINTMENTS:

-
-
-
-
-
-
-
-

ERRANDS I CAN'T IGNORE ANYMORE:

-
-
-
-
-
-
-
-

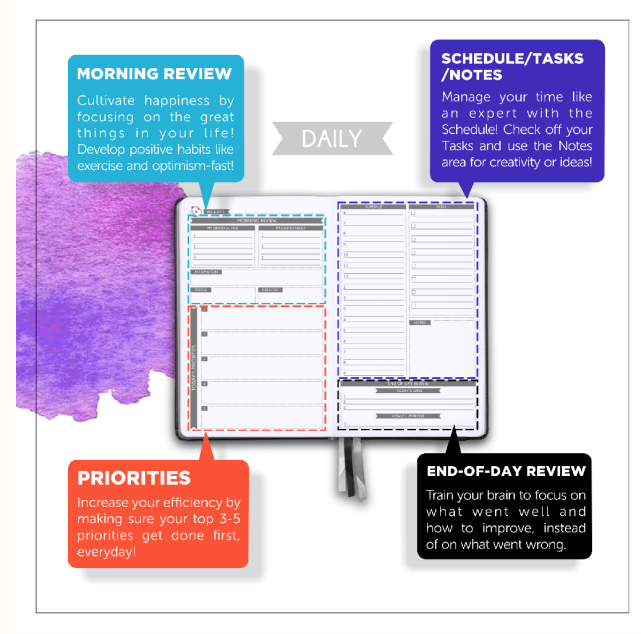
PEOPLE TO CONTACT, RELUCTANTLY:

-
-
-
-
-

MOOD: 😊 😐 😞 😡

TODAY I ADULTED LIKE A:

- Boss
- Adolescent
- Grown-up
- Rugrat
- Imposter



Managing/Planning | JUGGLING

Stuff

NON-ADD



ADD



- CHAOS
- CAN'T FIND ANYTHING
- VISUAL OVERSTIMULATION
- WHERE TO START?
- WHERE DOES IT GO?

Transitions





Decisions

- WHAT DO I DO FIRST?
- WHAT DID I FORGET?
- WHAT IS MOST IMPORTANT?
- WHERE DO I START?
- THERE'S JUST TOO MUCH!
- BORING, I DON'T CARE



Me: I'm so tired I could collapse into bed and sleep for a year..

Me: gets in bed

Me: how was earth created

Me: who made microwaves

Me: how does the internet even work

Me: I'm hungry

Me: feels bad about something I did 4 years ago

Me: remembers 73 unfinished tasks

Me: too wired to sleep.

Lack of Sleep

- TOO TIRED TO SLEEP
- DON'T HAVE ENOUGH TIME DURING THE DAY
- I'M A NIGHT OWL
- THOUGHT TORNADO

Emotional Regulation

WHAT HAPPENS WHEN OUR TANK IS EMPTY?



Emotional Regulation

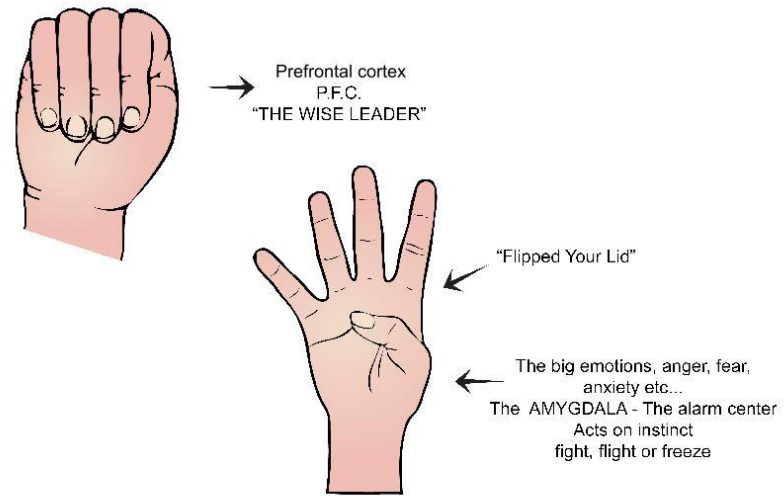
WHAT HAPPENS WHEN OUR TANK IS EMPTY?

- FALL BACK ON HABITS AND PATTERNS OF THOUGHT AND BEHAVIOR
- REACT MORE QUICKLY TO LESS
- LESS ABLE TO COMMUNICATE WELL
- DEMONSTRATE LESS EMPATHY



Stress

“Flipping One’s Lid”



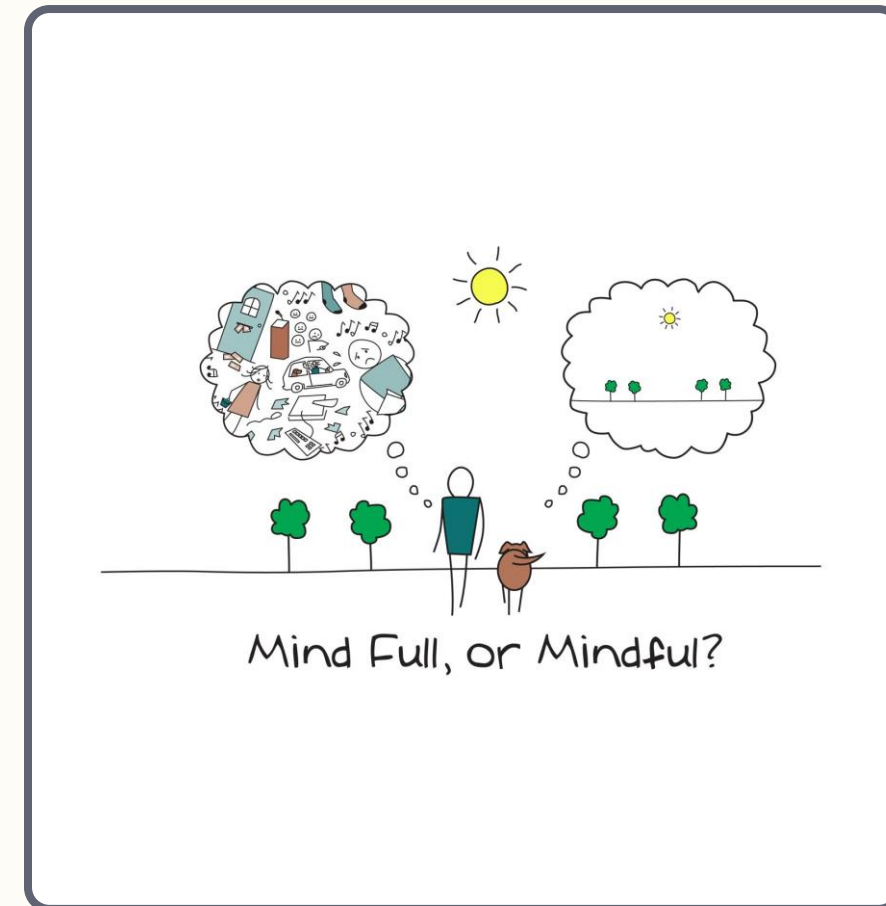
Credit: Daniel Siegel, V.D. is the creator of this metaphor and expression "Flipped Lid". Copyright © 2014 www.sharonSelby.com

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The Tools



Practice Mindfulness



Pay Attention to This Moment



S = STOP (or Pause)



T = TAKE A BREATH



O = OBSERVE WITHOUT BEING JUDGMENTAL



What am I noticing ?



P = PROCEED Same or Change?

Pay Attention to Your Thoughts

All or nothing thinking



Sometimes called 'black and white thinking'

If I'm not perfect I have failed

Either I do it right or not at all

Over-generalising

"everything is always rubbish"

"nothing good ever happens"

Seeing a pattern based upon a single event, or being overly broad in the conclusions we draw

Labelling



Assigning labels to ourselves or other people

I'm a loser

I'm completely useless

They're such an idiot

should must

Using critical words like 'should', 'must', or 'ought' can make us feel guilty, or like we have already failed

If we apply 'shoulds' to other people the result is often frustration



Create Scaffolding

Make it Visible/Audible



- STICKY NOTES
- At the POINT OF PERFORMANCE
- ACCOUNTABILITY
- SCHEDULE
- CLOCKS

Paying Bills

Home
Maintenance

Routines

Remembering

Organizing

Planning

Create Systems



Routines

MORNING

- HYGIENE
- MEAL PREPARATION
- GETTING OUT OF THE HOUSE

BEDTIME

- WINDING DOWN
- ELECTRONICS

TRANSITIONS

- COMING HOME
- LEAVING WORK

I MAY NOT BE THAT FUNNY OR ATHLETIC OR GOOD LOOKING OR SMART OR TALENTED I FORGOT WHERE I WAS GOING WITH THIS

Got ADHD? We're Good With That! TotallyADD #ADHD

CALVIN AND HOBBS



Laugh

Create an upward spiral

Change



Probability



Resources

- **CHADD.org** – Children and Adults with ADHD - Nationally recognized authority on Attention Deficit/Hyperactivity Disorder (ADHD). Non-profit organization providing education, advocacy and support
- **Totallyadd.com** - A complete guide to Adult ADD and ADHD (Adult Attention Deficit Disorder) And the documentary ADD & Loving It?!
- **AdditudeMag.com** - Attention deficit information about ADHD symptoms, medication, treatment, diagnosis, and parenting ADD children from the experts at ADDitude magazine.
- **Add.org** – ADDA, Attention Deficit Disorder Association (Adults) - Articles, personal stories, interviews with ADD professionals, book reviews, and links to other ADD-related sites that provide information which may be helpful
- **HEADSPACE.COM**
- **How to ADHD** by Jessica McCabe on You Tube
- **UNDERSTOOD.org**

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Thank You!
