

ADHD Symposium 2017

ADHD Brain Hacks to Keep Your Cool

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Your Life – Plan B

WHAT IS A BRAIN HACK?

LOSING YOUR COOL

EMOTIONAL REGULATION

- ADHD is a disorder of self-regulation.
- Key component of ADHD is emotional dysregulation



WHAT HAPPENS WHEN OUR TANK IS EMPTY?

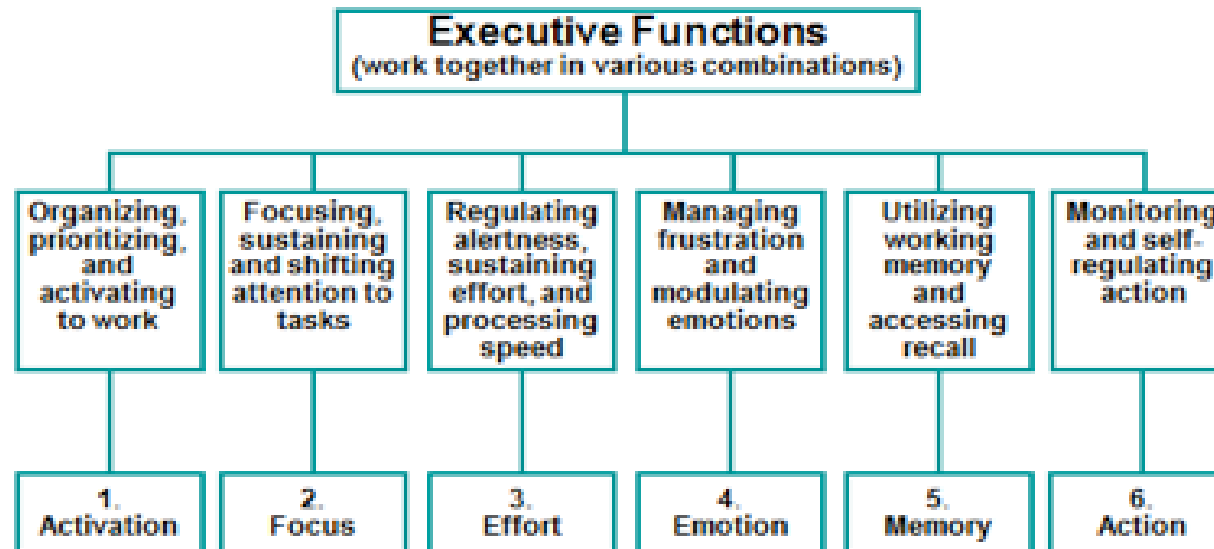
WHAT HAPPENS WHEN OUR TANK IS EMPTY?

- FALL BACK ON HABITS AND PATTERNS OF THOUGHT AND BEHAVIOR
- REACT MORE QUICKLY TO LESS
- CAN'T COMMUNICATE WELL
- LESS EMPATHY



EXECUTIVE FUNCTION

Executive Functions Impaired in ADD/ADHD



(TE Brown (2005))

How Does Executive Function Work?



Without the "Conductor",
musicians don't perform well

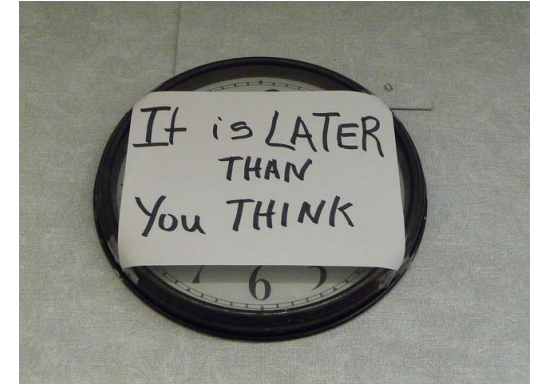


"Without some control of
"Executive Functions"
the ADHD brain doesn't perform well".

WHAT MAKES YOU LOSE YOUR COOL?

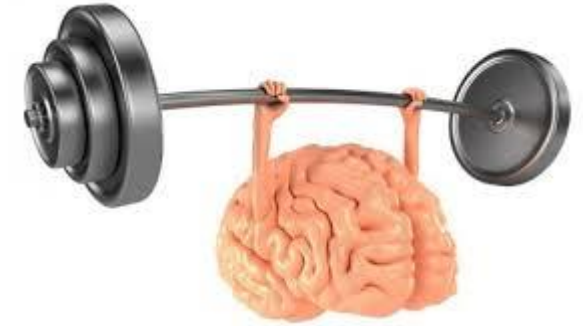
TIME

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



FOOD

- TOO MUCH SUGAR
- TOO MUCH CAFFEINE
- NOT ENOUGH... OMEGAS, PROTEIN, FRUITS & VEGETABLES
- TIMING



CHAOS

- CAN'T FIND ANYTHING
- VISUAL OVERSTIMULATION
- DUELING PRIORITIES



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



LACK OF SLEEP

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



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

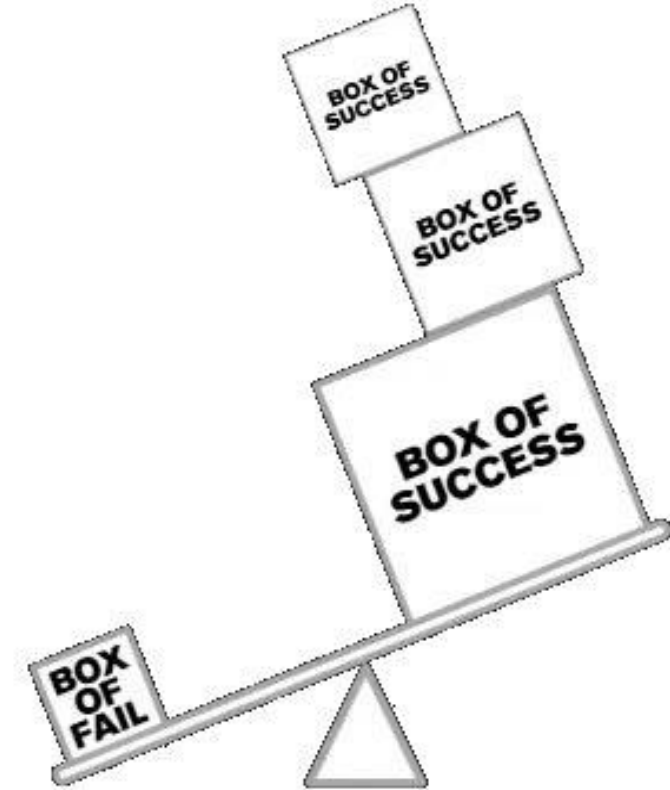
Me: remembers 73 unfinished tasks

Me: too wired to sleep.

GREMLINS



- EVERYBODY ELSE CAN...
- THINGS NEVER WORK OUT
- EVERYONE ELSE IS AN IDIOT
- IF ONLY...
- YOU'RE JUST LAZY, STUPID, CRAZY
- IT'S NOT GOOD ENOUGH



THE HACKS

BREATHE

S = STOP (or Pause)

T = TAKE A BREATH

O = OBSERVE WITHOUT BEING JUDGMENTAL

What am I doing right now?

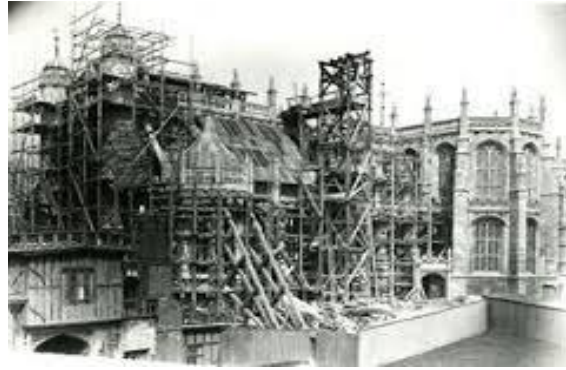
What am I noticing ?

P = PROCEED Same or Change?

ROUTINES

- MORNING
 - BRUSHING TEETH, MAKE UP, KEYS
 - MEALS/FOOD
- BEDTIME
- TRANSITIONS
 - COMING HOME

SCAFFOLDING




- CLOCKS
- STICKY NOTES
- POINT OF PERFORMANCE
- ACCOUNTABILITY
- SCHEDULING



COGNITIVE DISTORTIONS

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

POWER POSE





LAUGH



PRACTICE MINDFULNESS



Mind Full, or Mindful?

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

THANK YOU!!

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WWW.YOURLIFE-PLANB.COM