



Stress Management, AD/HD and Mindfulness

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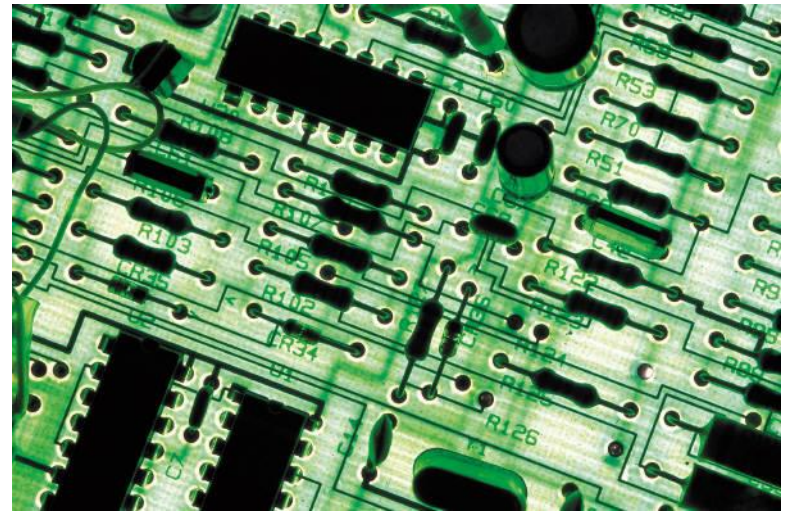
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Facts of Life

- Recognize Challenges through Self Awareness of overreacting, over thinking, sensitivity, not good enough & falling short, fear of Growing up with responsibility, personalizing, neg thinking; imposter; anxiety in AM without a plan
- Do not dwell on Perceived Flaws in comparing self to inflated image of others
- Break our patterns by deepening attention to strengths
- Think clean slate and new chapter of life practicing Self Compassion & Loving Kindness

Traumas endured

- Misunderstood
- Injustices
- Humiliation
- Self consciousness
- Social anxiety
- OCD and GAD
- Self loathing
- Accumulated hurts, rejections
- RSD



Baby Steps Toward Clean Slate

- Accepting what is, Changing what can
- Be Proactive with a Pause, not reactive
- Pause, reflect and be more present
- Being Mindful and Honest with Self
- Recognize natural consequences of actions & inactions without Denial
- Life is inherently changing and ability to be resilient
- See Life with clarity and ride the waves of life
- Be Patient with discomfort and not Avoid



Big Picture in Mind

- Mantra: Do what you have to do, to do what you want to do
- Russell Barkley “ People with AD/HD know what to do, BUT do not do what they know
- Understand the RUT which is Familiar, repetitive and Predictable, embrace Change
- Gain Wisdom from Life’s Lessons with mindset shift to open new doors with curiosity
- Re-invent yourself from old narrative to one with possibilities and Movement

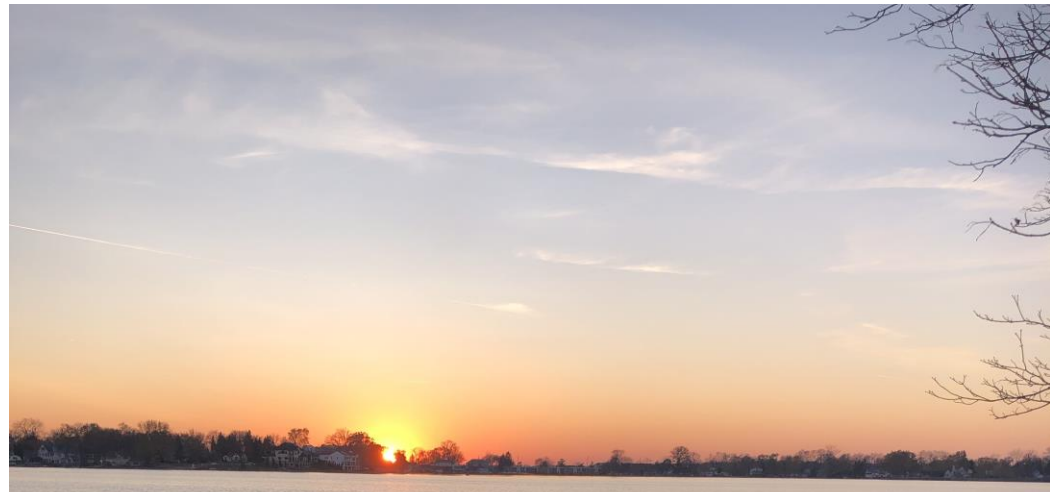
Chemical Reaction to Stress

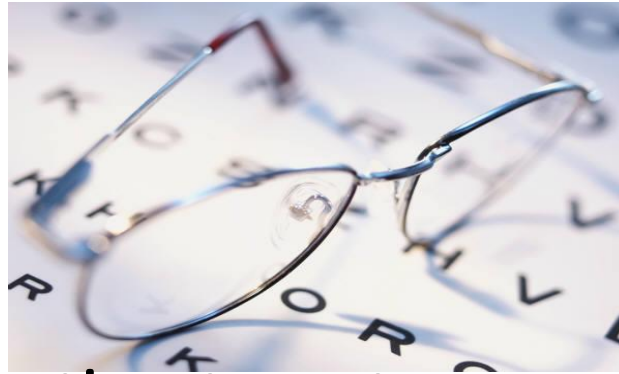
- Signals the Hypothalamus to release Cortisol and higher NE
- Increased stress makes learning more difficult and leads to Shut Down or Mental Paralysis
- Shallow breathing
- Fight or Flight or Fog response
- Depression, anxiety, sleep disturbance
- Cortisol deposits fat in the abdomen
- Procrastination creates more stress yet procrastinates to avoid the stress, Leads to overwhelm



Oxytocin, the good stress hormone

- Instead of fight, flight & avoid; connect with others
- Practice of Self Compassion and loving kindness since life has been difficult
- Hug self to lower cortisol with full inhalations and exhalations to calm & ground self
- Mindfulness practice to connect with self
- Mindfulness is Attention, Intention, and affection
- Connect with someone who cares





- Mindfulness
- The pause to set an intention to not over react then regret it; come into presence
- Mindfulness is in the present time to observe things as they are in non judgmental stance
- It involves patience and acceptance without expectation of outcome
- It is attention to the present moment with attitude of openness and curiosity
- Explore the process with a Beginners Mind, build up abilities to have more control over actions, or consequences

Evaluating

- Stay fresh with the present since that is where we begin
- Know narrative of your life and set the intention to change it
- Acceptance; being open hearted
- When you stop fighting yourself then free to grow & evolve with “What Is”
- Let Go of “What If” and “Should” to stay present
- Become CEO of own Brain to live in harmony with body and spirit in Letting go of limiting beliefs that self sabotage
- Realize your thoughts are just thoughts and not facts
- Separating emotion from thought and actions, detach to grow
- Emotions get fueled by thoughts, mindfulness to deactivate the escalation with breath as the anchor. Know thoughts are there and do not have to believe through awareness and Letting Go

Making a Mindful SEAT



- S Sensations
- E Emotions
- A Actions
- T Thoughts
- Each time you notice a THOUGHT from Past, Future, or elsewhere, just set it aside
- Paying Attention to the Present Moment with Kindness & Curiosity & Discovery
- Expressing vulnerability can be a source of strength with a resilient mindset

Stress-Tension

- “The curious paradox is that when I accept myself as I am then I change”-Carl Rodgers
- Stress equals judgment and Regression
- Stress- Prefrontal Cortex OFF (CEO of brain)
- Amygdala ON (Cave dweller brain)
- Body tightens, heart rate up, breathing shallow; digestion shuts off
- Self compassion is a healthier way of relating to self

Non-Judgment



- Open mind to see the larger picture, take off negativity filters
- Attend and befriend awareness
- Amygdala off; Prefrontal on (higher brain)
- See short and long term consequences of action
- Be less attached to narrative about self moving from doom to possibilities
- Connecting sensations, body & mind, feeling Safe
- Breath becomes regular, heart rate slows, digestive system working

Attend & Mindfulness

- Induces self compassionate mood reduces cortisol and increases EF
- When self compassionate, one persists at learning task after failure
- Embrace suffering with a sense of kindness, caring and connectedness
- Increase capacity to bear anxiety & stress
- Discovering awareness and compassionate heart
- Let go of attachments that interfere with Life's Flow
- Boundary Awareness

Box Breathing

Breathe in through your nose to count of 4,
hold to count of 4 then breathe out to
Count of 4 and Repeat for 12 rounds

YouTube box breathing exercise

Body Scan with the breath starting with toes, focus on the
Breath; inhale the light and blow out the tension

Make note of tense body parts and thoughts then name



Awareness & Mindfulness



- Real time Unbiased awareness
- Pay attention to Senses
- Aware of one's own mind, body & surroundings
- Mindfulness is paying attention with intention in the present moment w/o judgment
- Checking into our experiences instead of checking out with distractions/Denial
- Shifting from I to we in collaborating, acceptance, living
- About connection, not disconnection
- Builds life long resilience

Tara Brach PhD Concept of RAIN

- Keep emotions in check with the Pause by True Refuge to stay present with the unfolding experience:
- R—to Recognize what is happening
- A—Allow it for the moment
- I—Investigate with Intimate Attention of what Am I feeling & believing
- N—Nurture (not attached to old cognitions; letting go of old thoughts that self sabotage)
- *Self monitoring to stay present and on track*

Take Baby Steps toward Change

- Use of internalized language to manage and reduce stress to not unravel
- Learn to be proactive vs overreactive to a word without sentence completed; respond calmly
- Pause, be mindful before diving in impulsively to avoid regret, shame, & derailment
- Journal & mindfulness practice to observe & be aware



Self Coaching



- Self imposed rules for productivity and consistency
- Trust instincts and gut feelings
- Use of daily planner, lists and dispose of old lists
- Regulate sleep/awake cycle
- Use of movement for alertness
- Exercise and mindful healthy eating
- Devise toolkit to decompress and calm self—movement,, music, journal, breathing
- Practice self compassion and detach from negative self talk to enable the light within to shine

Falling Down, Getting UP

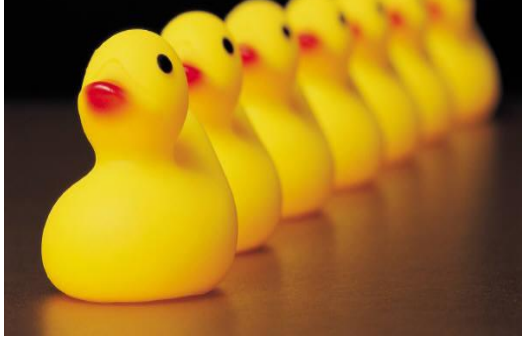
- Falling down lets you know what is not working and chance to regroup
- Goal is to manage stress & emotions
- Changing Thinking to stop life from unraveling with a new path; know triggers that derail
- Know maladaptive habituated habits that catch under stress with automatic self sabotage pilot
- “Falling down is a part of life, Getting back up is living” -Jose N. Harris



Building a Robust and Sustainable Life

- Visualize the steps to move forward with one step at a time
- Use internal self compassion language to keep momentum and energy flowing
- Practice mindfulness to be present & aware & nonjudgemental
- Embrace and accentuate the drummer that is your beat in its original form outside the box
- A resilient mindset that can change directions when it is not working (Insanity by Einstein)
- Recognize that life is not a smooth road, ride the waves with patience, diligence & persevere for Follow Through





Life's Messages

- While life does not always give us chances, it does always give us choices
- Make your agenda not one of “getting by” but one of always doing better
- Do the best you can with prioritizing, whatever it is
- There is no shortcut to success, there is just getting started and staying with the process to fruition
- Believe you can and you are halfway there
- Life is not about waiting for the storm to pass, it is about learning to dance in the rain

Apps for Teens & Adults

- Smiling Mind
- Headspace
- Insight Timer
- Calm
- Meditation
- 10% Happier
- Mindful
- Breath2Relax
- Relax Melodies



Dial Anxiety Down Via Mindful Practice

Shift Attention Away

Refocus on Present Moment

Space of Mindful Awareness Thought—Worry—Feeling— Body Sensation

Step out of automatic pilot and Name it then Tame it

Worry causes Overwhelm, Body Tension, Energy Zap, Narrowed Perspective and Paralysis/Avoidance

Notice Triggers; Patterns that keep you Stuck; Recognize Unhelpful Thinking Patterns (catastrophizing, self blame or criticism, should, and black and white thinking; Notice layers below surface anxiety

Mindful Self Coaching: Developing supportive and AD/HD informed inner voice, Compassion and Accountability for AD/HD Difficulties, EF Strategies (to do list, calendar, prioritizing,

Self Imposed Rules to manage impulsivity; Connecting with Values that are important with this phase of Life, this week, this month

Self Compassion with Feel the Feeling instead of avoid and tolerance of uncertainty

Between Stimulus and Response there is a space. In that space is our power to choose our Response. In our Response lies our Growth and Freedom