

ADDing F.O.C.U.S.

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Tele-Class Description: Clients often come to ADHD coaching wanting to become more balanced in their day to day lives. The misconception being, that in order to become balanced you have to give something up. The trouble often is, whatever you focus on expands! If you focus on lack and deprivation, you get more of the same.

This class will show you how by **ADDing FOCUS** to your daily life:

- Food
- Time Outdoors
- Connection
- Use of your body
- Setting priorities

You can elevate the symptoms of ADD and become balanced, focus and fulfilled.

1. ADDing Food

Eat every 3-4 hours

- Hunger distracts
- Blood sugar levels drop

Protein

- At every meal and every snack
- Especially breakfast!!!!

Complex Carbohydrates

- High fiber whole grain
- Gluten?

H2O

- Brain is 95% water
- 6-8 glasses per day

Fresh or frozen fruits and vegetables

- High in vitamins, nutrients and water.

Omega -3

- Increases levels of dopamine in the brain
- Pharmaceutical grade, toxin free
- Check with your doctor before taking any vitamins or supplements

2. ADDing time Outdoors

The reported study was conducted by Andrea Faber Taylor, Frances E. Kuo, and William C. Sullivan of the Department of Natural Resources and Environmental Sciences at the University of Illinois at Urbana-Champaign.

- Perhaps exposure to nature can improve AD/HD symptoms?
- Attention Deficit Hyperactivity Disorder symptoms in children are milder after activities in green settings.

Parent Survey

- 96 parents or guardians of children with AD/HD, between the ages of 7 and 12
- The children had to have been formally diagnosed with AD/HD by a physician or psychologist.
- Identify one or two after-school or weekend activities that left their child functioning especially well and that left their child functioning especially poorly.
- Asked to review a list of 25 activities and rate the aftereffects of each on their child's AD/HD symptoms
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Participants

- The participants were recruited through newspaper ads and informational flyers
- Three times as many parents of boys as there were parents of girls.

Findings

- Activities that were likely to occur in green settings were far more likely to be nominated as the best for symptoms
- Activities that were likely to occur in settings that weren't green were more likely to be nominated as the worst for symptoms.

Next the researchers looked at the symptom ratings assigned by the parents to the 25 activities listed

- Activities in natural, green settings were far more likely to leave children with AD/HD better able to focus, concentrate, and pay attention.
- Activities that left AD/HD children in worse shape were far more likely to occur indoors or in outdoor spaces without greenery.

Conclusion

- **There are benefits to using outdoor play in green settings as a supplementary treatment to help children with AD/HD function better.**
- **May offer some help to the 10% of children with AD/HD who aren't responsive to medication.**

3. Connection

To Self

- Meditation
- Self Care (Includes FOCUS)

To Others

- Listening

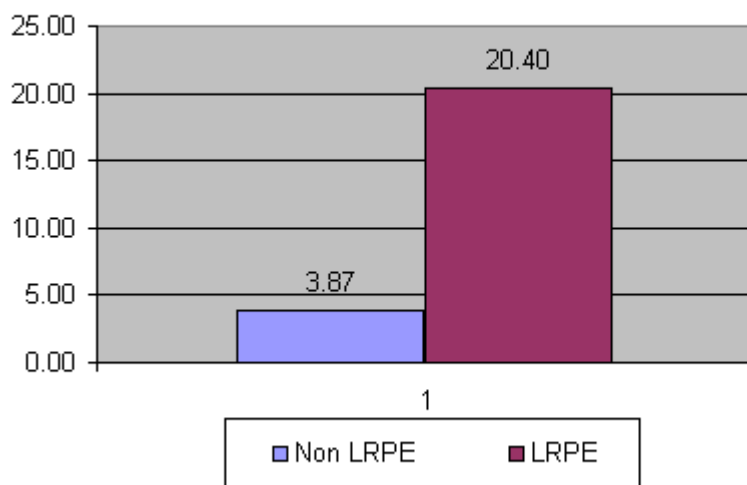
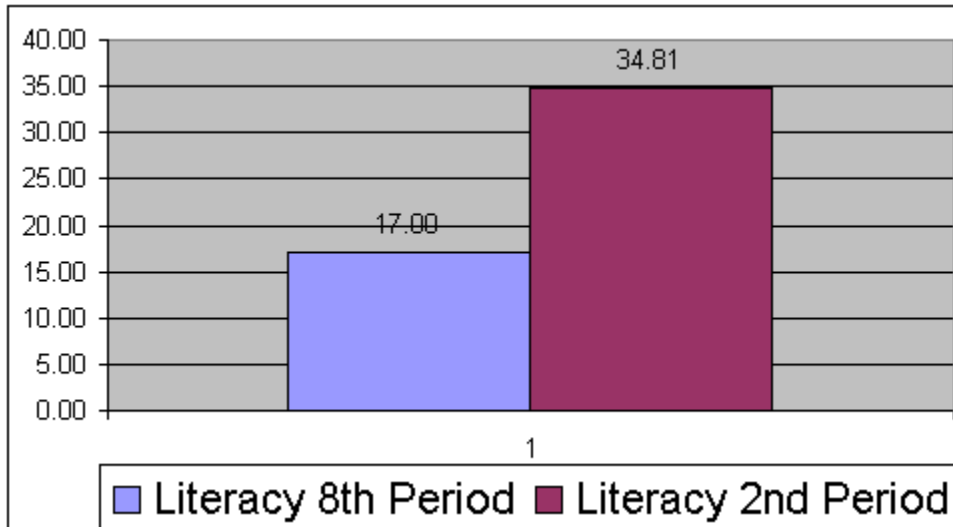
4. Use your Body

The Mind-Body Connection

“ . . . not less than two hours a day should be devoted to exercise. . . I speak from experience, having made this arrangement of my life. If the body is feeble, the mind will not be strong.” ~Thomas Jefferson

- Outlined in Dr John Ratey's Book, Spark, www.johnratey.com
- Naperville Central's Learning Readiness Physical Education Website- <http://www.ncusd203.org/central/html/what/math/learningreadiness/>
- Phil Lawler

**FRESHMAN LITERACY PROGRAM and Mathematics Statistics at
Naperville Central High School, Naperville IL**



In the Brain

- Immediately increases dopamine and norepinephrine
- Exercise administers the “transmission fluid for the basil ganglia.” Smooth shifting of the attention system
- In the limbic system, exercise regulates the amygdala – evens out the reaction to a new stimulus or the “hair trigger response.”
- 2006 Study – Arthur Kramer, University of Illinois

In *Spark* - Dr. John Ratey Recommends

- First thing in the morning
- Every day – or at least 5 workweek days
- 30 minutes of aerobic exercise
- 65-75% Max HR
- “Miracle Grow for the brain”

Diane Ladd Recommends

- Always check with your doctor before beginning any exercise program
- Do what you like to do
- Do it every day

5. Setting Priorities

Mayonnaise Jar Scheduling

Schedule your “golf balls.”

Schedule your “pebbles.”

Fill in a *bit* of “sand.”

Make sure you leave time for coffee!

*Special offer – Go to www.ADDtolifecoaching.com

Click on F.O.C.U.S. workshop tab - your password is _____