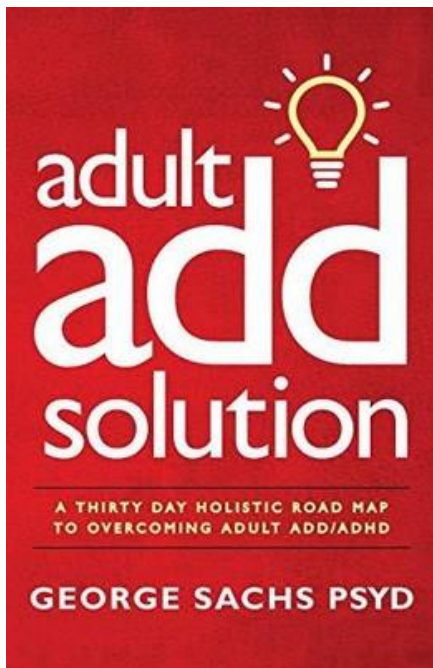


## Notes from Adult Add Solution by George Sachs PsyD

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I'm a clinical psychologist and specialist in Adult ADD. I also have Adult ADD, so much of what I teach comes from my own personal experience.

I know that the normal advice many so-called experts give to adults with ADD just doesn't work maybe because those experts don't have Adult ADD.

Getting to bed on time is a chronic challenge for adults with ADD. Sleep debt or sleep deficit impairs cognition, executive functioning, attention, and working memory.

One strategy I suggest to my clients is to start thinking about bedtime much earlier in the evening. Generally, I recommend one hour to wind down.

Create a relaxing wind-down routine as a smooth transition from your daytime activities to sleep. Establish a sleep schedule and stick to it.

Exercising during the day helps in creating a more stable sleep cycle. However, do not exercise in the evening if doing so will come at the expense of your sleep.

Ask yourself if the environment of your bedroom is conducive to relaxation and sleep. Ensure that your mattress and pillows are comfortable and supportive.

I quickly became aware of a noticeable change in my level of energy, focus, and powers of concentration—all because I added more water into my daily routine.

Full disclosure: Despite my role as a therapist working with Adult ADD, I only woke up to the impact of food on my brain within the last few years.

Scientists at Florida State University found that restoring glucose to healthy levels typically improves self-control.

Dr. Sears found that a diet rich in protein, low in carbs, and full of healthy vegetables would restore healthy glucose levels and reduce glucose spikes.

When you exercise, your brain releases chemicals called neurotransmitters, including dopamine, which help with attention and focus. The bottom line is that if you're not exercising, you're not taking care of your Adult ADD brain.

Exercise is a key foundational element in the treatment of Adult ADD. Find the right types of exercise that work with your ADD personality.

Find an activity that excites you. Find an exercise that's easy to start. Build exercise into your routine. Make it social. Reward yourself.

I strongly suggest that adults with ADD engage in coaching or therapy, in addition to medication, to learn different ways to manage symptoms.

In my own experience with clients, I find that medication can work wonders in terms of helping a person focus, increase motivation, and maintain a

sustained effort on less interesting tasks. I have yet to find a pill that can overcome a lifetime of negative messages absorbed from parents, teachers, bosses, and spouses.

Adult ADD is less about attention and focus, and more about failing to regulate ourselves properly. Impulsiveness can be defined as a process of action without conscious thought.

For adults with ADD, the idea of delaying gratification on the way to a higher goal simply doesn't compute.

In my opinion, the best way to overcome impulsivity is through meditation and mindfulness. These tools help a person gain a calmer, deeper, more thought-out approach to daily activities.

Open loops are unfinished tasks and jobs. Be mindful about opening new loops, and work with a coach or accountability partner to close existing loops.

One way to strengthen the stop, look, and listen process is to write down any new project on a whiteboard. Let the idea sit there for a few days, weeks, or months before you decide to move forward.

A better strategy is to create a specific, short-term, concrete goal that has a clear starting point and, more importantly, a clear end.

Use meditation time to quiet your brain so you can think about what you truly want. Finally, make sure the goals associated with your project are clear and concrete.

Don't overthink your goal setting, especially in the beginning. Just choose. Write down the goals you wish to achieve and do a quick prioritization. Settle on no more than five key goals you would like to accomplish in the next year.

Be realistic, start with something you believe you can achieve and work from there. *Then aim higher.*

Be specific. Make sure the goal is detailed, specific, and achievable.

Reward every success, give yourself rewards and excitement. Just tie it to the achievement of a short-term goal.

First come up with a realistic plan. Then clear the calendar from doing any other big goals.

In my opinion, learning how to manage the symptoms of Adult ADD is no less formidable than trying to win a gold medal in the Olympic something you can get started on and get started on it.











