



EMPOWERING THE ADHD TRIBE

How Mindfulness can help with ADHD symptoms





Group Discussion

Congratulations and
introductions



TAKING CHARGE & CELEBRATING ADHD





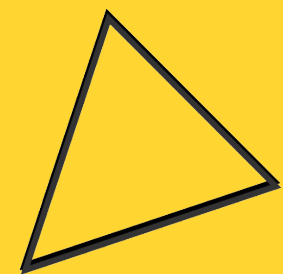
Why this support group?

**PRACTICAL
INTERACTIVE
GOAL ORIENTATED
CELEBRATION OF LIFE**

What We'll Discuss

TOPIC OUTLINE

What is the holistic approach to treating ADHD?
What is Mindfulness?
Why is it essential?
Harnessing ADHD as a superpower
Invitation to do the work





“The basis of human rights is happy life. Everyone wants to lead a happy life for which we need to have a holistic approach.”

Dalai Lama





What is the holistic approach to ADHD?



“In an holistic approach to medicine, there is the belief that our well-being relies not just on what is going on in our body physically in terms of illness or disease, but also on the close inter-relation of this with our psychological, emotional, social, spiritual and environmental state.”

Patient 2021



WHAT IS ADHD?

- It is a neurological disorder, yes it does exist!
- Research into ADHD is still ongoing
- Executive functions are impaired producing the symptoms of inattention, hyperactivity and impulsivity
- Chemical imbalances need to be addressed
- The medication does not work on it's own, holistic approach required
- It is possible to change neurons in the brain
- No such thing as a perfect or normal brain!

HOLISTIC APPROACH TO ADHD





Group Discussion

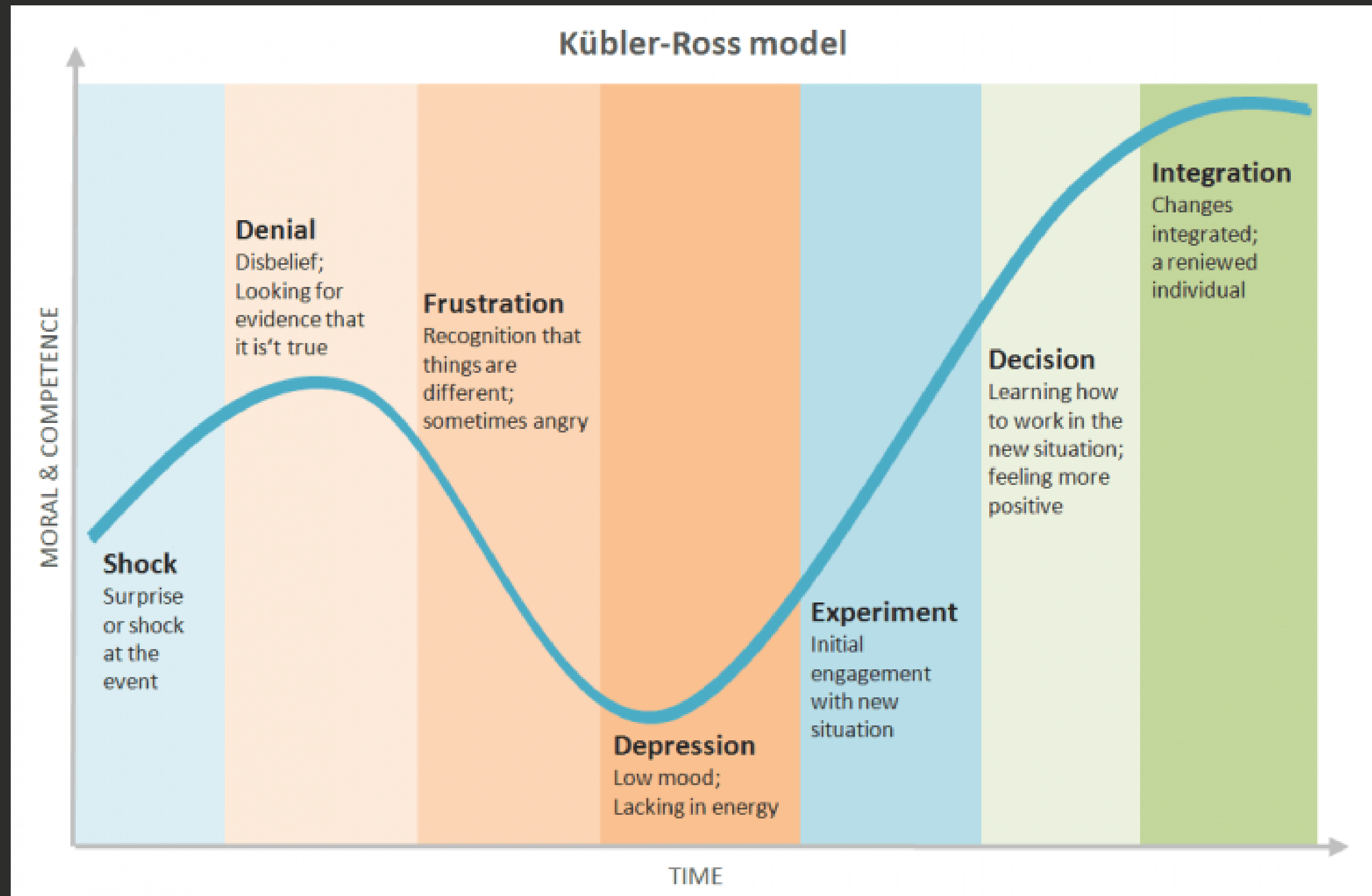
Take a moment to ponder on a holistic approach and whether you have any reservations about any of the elements and share with the group



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ADHD DIAGNOSIS & GRIEF CYCLE



ADHD DIAGNOSIS & GRIEF CYCLE



Denial



Anger



Depression



Bargaining



Acceptance



“The first step toward change is awareness. The second step is acceptance.”

Nathaniel Branden





Group Discussion

Take a moment to ponder on the grief cycle to identify where you currently are and share with the group



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*“Awareness is the greatest
agent for change.”*

Eckhart Tolle





Introducing Meditation

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ADHD & MEDITATION FACTS

- Meditation can reduce impulsivity and slow things down
- Increased focus and concentration through insight meditation
- 10 minutes a day will improve mindfulness
- Loving Kindness interventions have shown that grey matter changes in the brain and increases empathy/connection
- A study investigated effects of Transcendental Meditation (TM) practice on task performance and brain functioning in 18 ADHD students, age 11-14 years - All students significantly improved on five ADHD-symptoms over the six months of the study. Mindfulness-Based Stress Reduction (MBSR) has been proven to help anxiety.



*“Meditation is a vital way to
purify and quiet the mind, thus
rejuvenating the body.”*

Deepak Chopra



MEDITATION TIPS

- Prepare an area for your meditation time
- Join the Loving Kindness meditation every week day at 8am.
- Ensure that you sit comfortably.
- Try walking meditation to calm the mind and body too.
- Allow the thoughts to come and go, it is not about getting rid of them
- Follow the breath as it is constant
- Apply self compassion to your meditation practice, it takes time to understand the nature of the mind.
- Learn mindfulness and attend the mindful monday sessions at 6pm
- Yoga Nidra Practice on Monday's evenings at 9pm



Harnessing ADHD as a superpower

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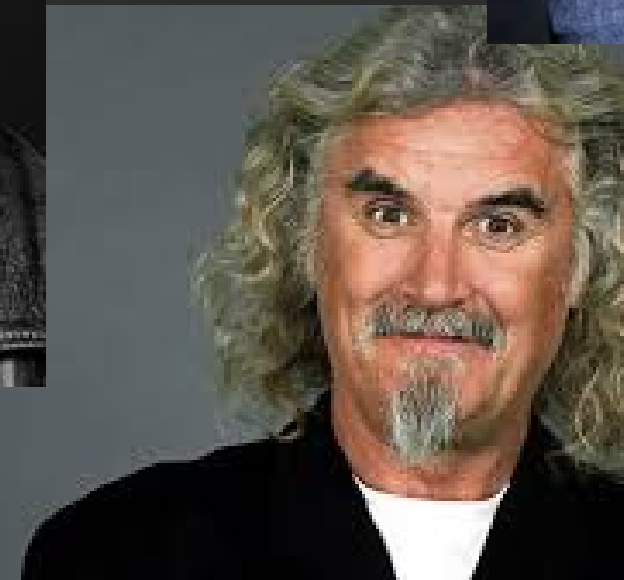
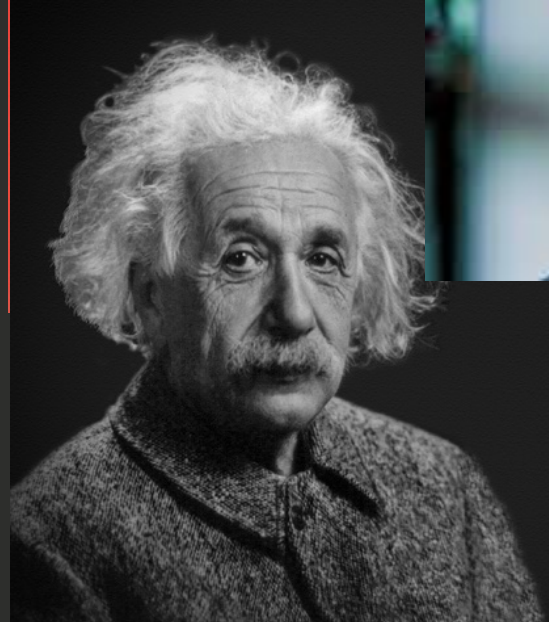


ADHD - THE SUPER POWERS

- Creative thinking
- Hyper-focus that results in timely, quality work
- A calm attitude during emergencies
- Intuitiveness noticing things other people don't notice
- Initiative; stuff gets started
- Creative problem solving, out of the box thinking

FAMOUS PEOPLE WITH ADHD

Notable famous people with ADHD include Michael Phelps, Jim Carrey, Rory Bremner, Billy Connolly, Zoe Deschanel, John F. Kennedy, Simone Biles, Thomas Edison, Salma Hayek, Howie Mandel, Justin Timberlake, Steven Spielberg, Emma Watson and Albert Einstein.





ADHD - THE SUPER POWERS

- Courage; risks are taken
- The ability to see patterns where other people see only chaos
- The ability to talk about lots of things at once
- A limitless capacity to learn
- A willingness to always try something new
- Empathy
- Entrepreneurship
- The capacity to see situations from many angles & resourcefulness



“Be the celebrators, celebrate! Already there is too much—the flowers have bloomed, the birds are singing, the sun is there in the sky—celebrate it! You are breathing and you are alive and you have consciousness, celebrate it!”

Osho, Creativity: Unleashing the Forces Within





Next steps



Invitation to do the work

- Write down your ADHD story now and put it somewhere safe.
- Set your intention for what you want by the end of the course and make it visual
- Attend a loving kindness meditation and the mindfulness session on Monday
- Celebrate all your achievements along the way



Overview of modules

1. Organisation and Planning
2. Reducing distractions
3. Adaptive thinking
4. Overcoming powerful emotions
5. ADHD effect on relationships
6. Connecting with the inner child



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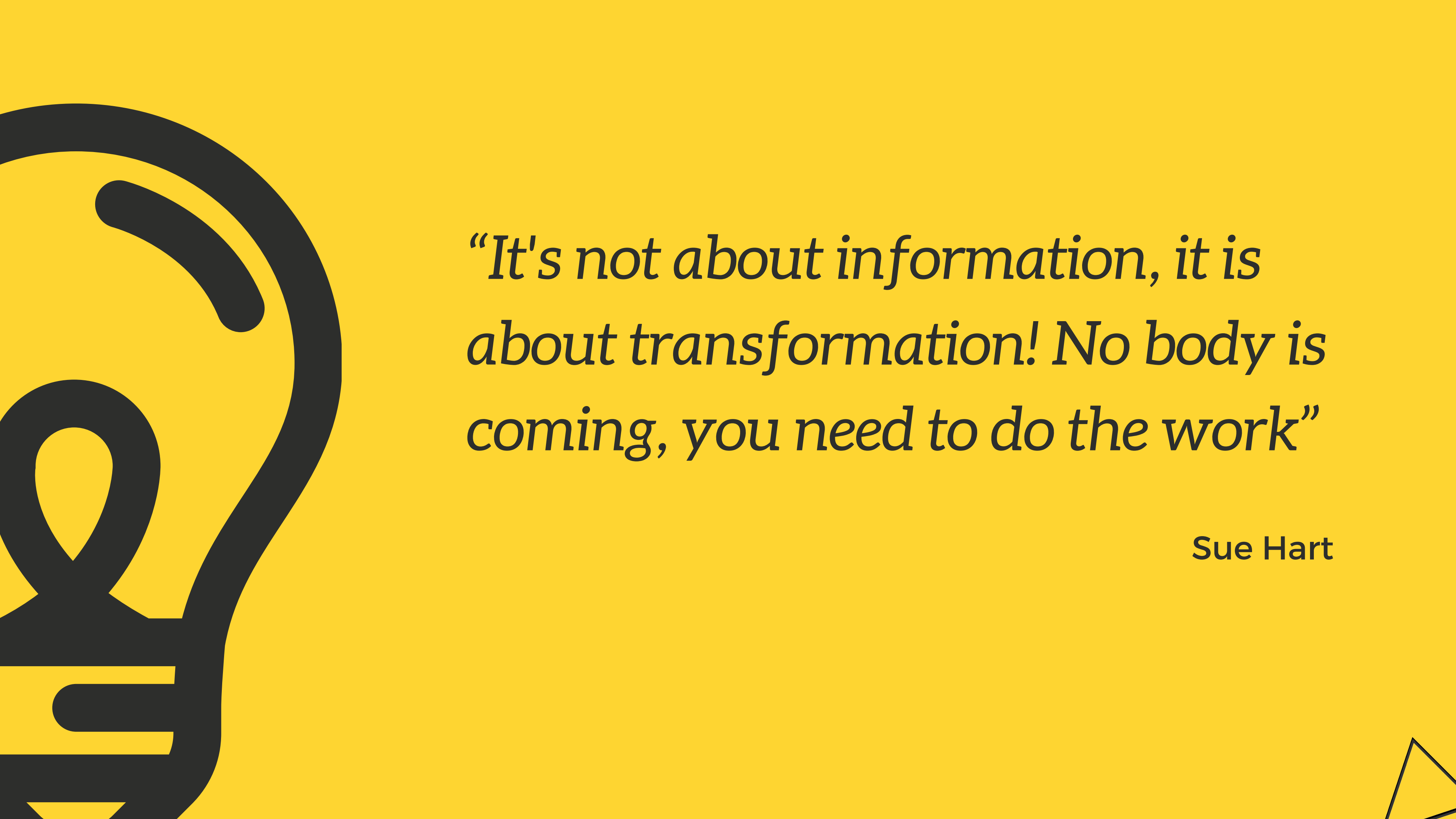
Overview of modules

- 7. Overcoming procrastination
- 8. Developing problem solving skills
- 9. Creativity and flow
- 10. ADHD & Nutrition
- 11. Decluttering environment and mind
- 12. Celebrating & rewriting your ADHD story



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“It's not about information, it is about transformation! No body is coming, you need to do the work”

Sue Hart



What's required from you

- Commitment
- Integrity
- Willingness to do the work
- Be open to reflection
- Compassion for yourself and others
- Be in communication



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The Stages of Change

Precontemplation

Contemplation

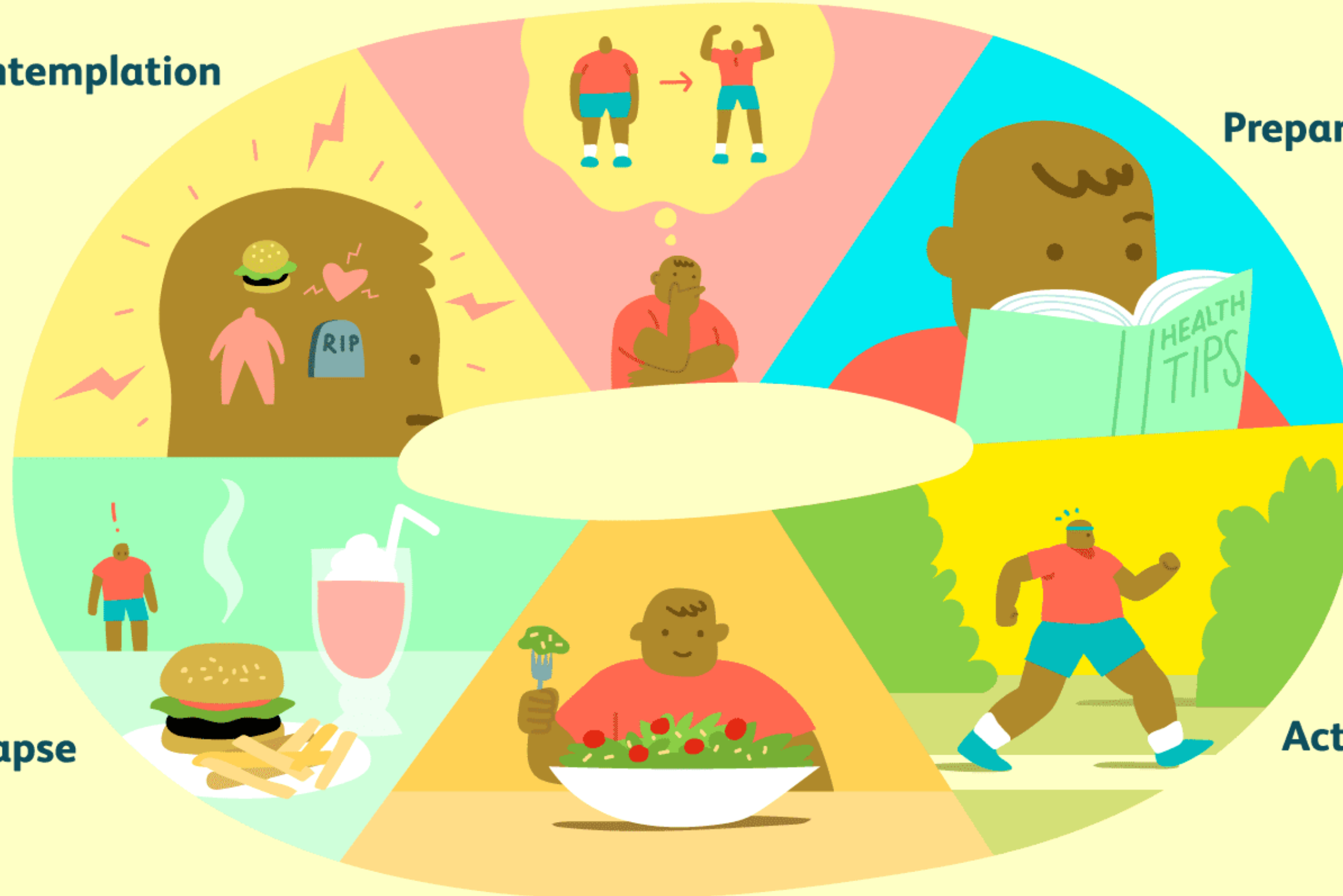
Preparation

Relapse

Action

Maintenance

verywell





“Every time you are tempted to react in the same old way, ask if you want to be a prisoner of the past or a pioneer of the future.”

Deepak Chopra





Any questions?



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Resources

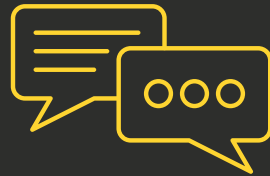


USEFUL VIDEOS

[CLARIFICATION ON ADHD TYPES](#)

[IS ADHD FOR ADULTS COMMON?](#)

[ADHD SYMPTOMS EXPLAINED](#)



BOOKS

[ADHD AND MINDFULNESS](#)

[CELEBRATING LIFE](#)

[6 STEPS TO BLOSSOMING CONSCIOUSNESS](#)

[MIRACLE OF MINDFULNESS](#)



USEFUL APPS TO EXPLORE
ADDITUDE GRATITUDE

LIVE HAPPY



RESEARCH STUDIES

[ADHD AND POSITIVE PSYCHOLOGY](#)

[ADHD SUPERPOWERS](#)



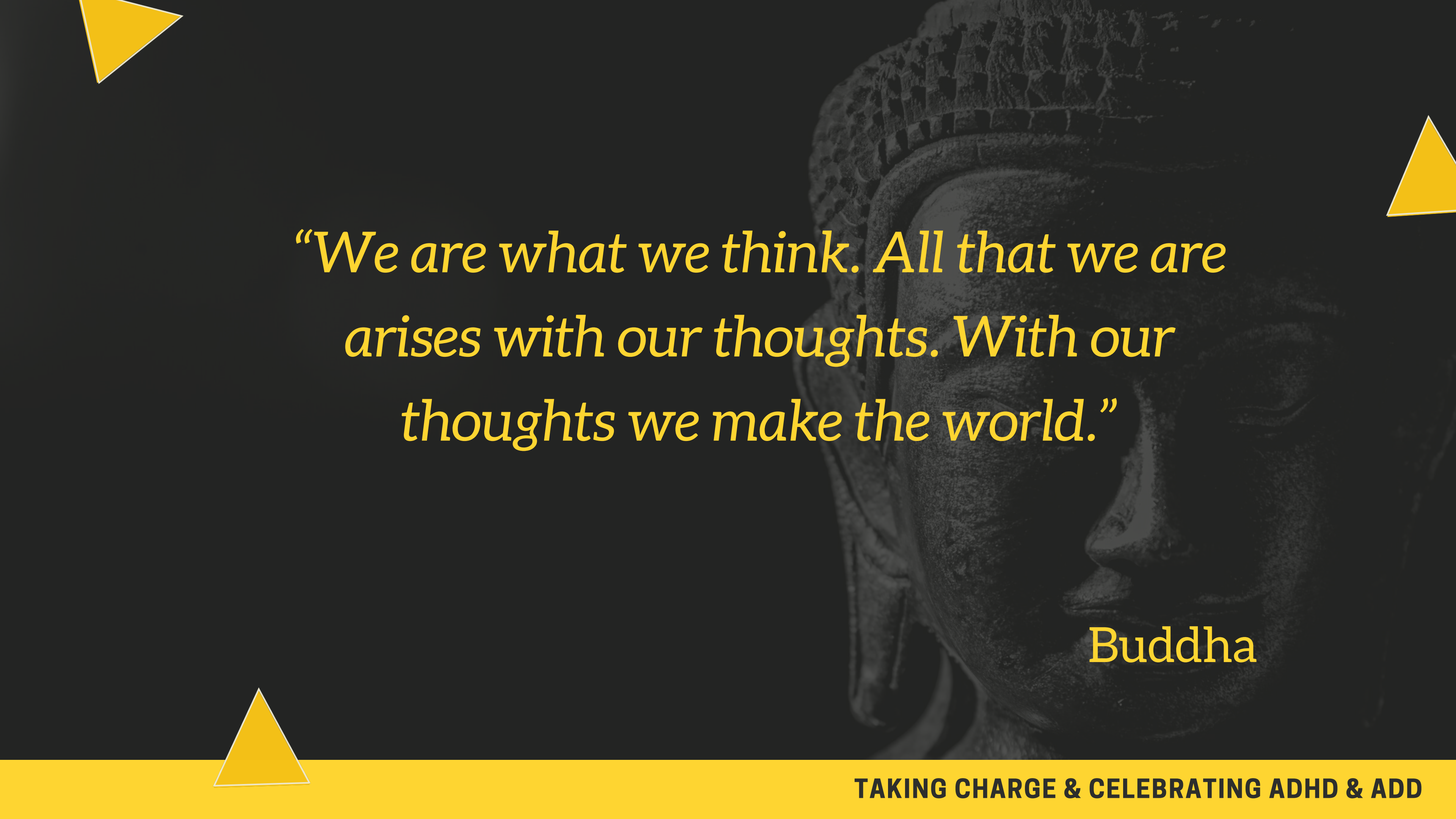
WEB LINKS

WWW.ADHDFOUNDATION.ORG.UK

WWW.ADDITUDEMAG.COM

WWW.CHADD.ORG

WWW.ADD.ORG/SIX-SECRETS-TO-A-HAPPY-ADHD-RELATIONSHIP/



*“We are what we think. All that we are
arises with our thoughts. With our
thoughts we make the world.”*

Buddha

We are in this together !



HOW TO REACH OUT

JOIN THE COMMUNITY ON FACEBOOK AND MEETUP

EMAIL

sue@satori-yoga.co.uk

WEBSITE - BOOK YOGA & MINDFULNESS SESSIONS

www.satori-yoga.co.uk

FACEBOOK - BOOK A COACHING CALL

<https://www.facebook.com/groups/719022752181747>

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CONNECT AS A GROUP



FACEBOOK

Taking Charge of
ADHD Group



MEET UP

Empowering the
ADHD Tribe



INSTAGRAM

Taking Charge &
Celebrating ADHD