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8 Essential Skills for Managing ADD

By Jennifer Koretsky

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So many adults with ADD find themselves chronically overwhelmed with every day life. This means that they generally wake up feeling like they are running behind on all the things they need to do, spend the whole day on high speed in order to get all those things done, and yet still go to bed most nights feeling like they never got anywhere. Or, they spend the whole day in a fog, constantly aware of all the things on that to-do list, but never mustering up the motivation to tackle the tasks. This leaves them feeling unorganized, unproductive, unhappy, lazy, guilty, and...the list goes on.

I used to be one of those people. Constantly overwhelmed and always disorganized. Through dedication, hard work, and lots of time and practice, I've gotten to a place in my life where I know how to manage my ADD. (The key word here is "manage.") Through both my personal and professional work, I've isolated what I believe are 8 Essential Skills for Managing ADD. Today I'd like to share them with you:

1. Slow Down

ADDers seem to always be operating on over-drive...mentally, physically, or both. In my opinion, slowing down when you feel speedy, stressed, overwhelmed, etc. is the first and most necessary skill for managing ADD.

2. Practice Excellent Self-Care

ADDers are prone to putting themselves last. Why is this? How will you ever "get it together" if you don't dedicate time and energy to yourself?

3. Know Your Own ADD

ADD affects us all in different ways. You can't effectively manage ADD without being aware of the specific ways in which it affects you, and the specific ways in which your challenges are triggered.

4. Actively Use Your Learning and Processing Modalities

Identifying the natural modalities in which you are able to sustain focus and process information and feelings will make your personal and professional lives much easier.

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5. Focus on Your Strengths

Everyone has strengths, skills, talents, and passions. Increasing the time you spend on these good things will increase both your self-esteem and your happiness.

6. Think Positively

Patterns of negative thinking can be reversed. Negative thinking will hold you back. Positive thinking will propel you forward.

7. Plan the Time to Plan...Everything

Planning doesn't always come easily to ADDers. Developing tools and systems for planning will streamline organization and time management, but you have to take it one step further and plan the

time to use them.

8. Take Risks

This doesn't refer to speed racing or skydiving! It refers to stepping outside your comfort zone and doing things that may be uncomfortable, like asking for that raise, taking up that new hobby, or pursuing that life-long passion. If you don't take the risk, you won't get the reward.

Jennifer Koretsky is an ADD Management Coach who helps adults learn how to manage their ADD and move forward in life. She offers individual and group coaching, workshops, and skill-building programs. Subscribe to Jennifer's free email newsletter, The ADD Management Guide, by visiting <http://www.ADDmanagement.com/e-newsletter.htm>.

Essential Skills for Managing Adult ADD – Part 1: Practicing Excellent Self-Care

By ADD Coach Jennifer Koretsky

As an adult with ADD and an ADD Coach, I have observed some skills that I believe are essential for successful ADD management. The first of these skills is: Practice Excellent Self-Care. There are many components of self-care that one must pay attention to. Sleep, nutrition, and exercise are what immediately come to mind, but having a good doctor, scheduling in regular "down time," and finding outlets for self-expression are all important aspects of self-care, too.

The Basics

On average, do you get the sleep, nutrients, and exercise that your body requires? Sometimes, too little sleep can make you sluggish, but too much sleep can make you groggy. Excess sugar and caffeine can make you moody and speedy. And too little or too much exercise may leave you feeling

tired. It's difficult for most Americans (with and without ADD) to balance proper sleep, nutrition, and exercise at all times, but most people agree that the more time they spend paying attention to healthy habits, the better they feel.

Medical Care

Some people choose to take ADD medication, and some people don't. This aspect of self-care isn't about medication.

It's about your doctors – from your general practitioner to your dentist! Do you like your doctors? Do you feel at ease with them? Do you feel comfortable asking questions? Doctors are experts in human care, and in order to practice good self-care, you must have some great doctors on your side. This doesn't always come easy. It can take some time to find a doctor with whom you are comfortable, but it's worth the effort. You are worth the effort.

Mental Care: The Most Important Part

By now you may be thinking that while all of the above aspects of self-care seem like common sense, they are a lot easier said than done. This is absolutely true for most people with ADD. When you live life feeling chronically overwhelmed, it's very difficult to find the time to put these ideas into action. Here's what you can do to set

yourself up for success: take time out. Schedule in "down time" every single day to help keep your batteries charged. Retreat from the chaos of daily life and allow yourself time to relax – alone. Even if you spend only five minutes a day meditating, walking, or just sitting quietly, it will allow you to slow your thoughts and will help you center yourself. Then, when you feel centered, take it a step further and express yourself! Write, paint, sing, talk to your plants, or do whatever it is that allows you to express your feelings and emotions! Keeping your feelings and emotions bottled will weigh you down. Finding healthy ways of self-expression will help free your mind and allow you to spend more energy focusing on the other aspects of self-care.

When you practice excellent self-care, you allow yourself to function at an optimal level. When you operate on an optimal level, you'll find yourself less overwhelmed, and more prepared to deal with your ADD challenges, as well as the stresses of every day life. Excellent self-care is an

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essential skill for adult ADD management.

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Jennifer Koretsky is an ADD Coach who helps people create peace through ADD management. She partners with clients to increase self-awareness and positivity while finding systems for managing challenges. Jennifer offers private and group coaching, teleclasses, and a free e-newsletter. For more information, please visit <http://www.ADDmanagement.com>

Essential Skills for Managing Adult ADD – Part 1: Practicing Excellent Self-Care

Essential Skills for Managing ADD – Part 2

3 Fundamental Skills Essential To Master Your Business

MALPRACTICE OF THE MOUTH

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Baby's First Year –What Parent Needs To Know

COCKTAILS - How to Make and Enjoy them



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