

Adult ADD: Use ADD To Make Their Day (And Yours)...

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By Tellman H. Knudson

If you're not getting what you want out of life, it's not because you have Attention Deficit Disorder (ADD), you're a bad person, you don't have anything to offer the rest of the world, any learning disability, background, or how much money you have. It's all whether or not you can communicate what's on your mind in an effective way.

Where I'm from, people don't generally walk around smiling and hugging you when they first meet you. What I found was that when I said, "How's it going?" almost all the time, people would say, "Not bad."

So, one dull, drab, overcast day, while considering ADD and how it affects communication, I said, "Okay, I'm going to totally mess with people. Every single time someone asks me how I'm doing, I'll look them straight in the eye, smile, and say, "I'm doing awesome!" This was before I made much money. I didn't say, "I have ADD, I'm living on Ramen Noodles and grilled cheese sandwiches, and I don't know how I'm going to pay rent." I said, "I'm doing awesome! Things are phenomenal!"

Part of the experiment was to see how it affected my own mindset. I was learning about internal and external communication, too, because ADD sometimes makes it hard to communicate effectively.

So, they would say, "Hi. How are you doing?" and I'd say, "I'm doing awesome!" and smile.

The first thing that happens is: they smile! Why? Because everyone can identify with "doing awesome." It's like, "I just won the lottery. I'm doing great!"

After a couple of months I'd walk down the street and people would know what was coming and would always be like, "Man, how is Tellman always doing awesome?" What happens is that you leave a strong imprint in someone's mind, especially a positive one, and that's the last thought you leave with them.

Use your ADD to focus your behavior this way, and after repeating, "I'm Awesome!" the next time people see you, their immediate feeling is that experience of feeling awesome, of feeling absolutely amazing.

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To this day when I see people that I'm friends with and we have this interaction, it's always, "I'm doing awesome!" and "I'm doing awesome!" It's a lift for both people. And it's a great way for people with ADD to improve their skills.

In fact, this is one of the most powerful and simple ADD exercises you can possibly do, and it will be really good for you, if you have ADD and find it hard to communicate easily. But, you have to put some enthusiasm behind it. You also can't just slump over and walk down the street shuffling your feet, and dress like a slob and say, "I'm doing awesome!" or be distracted, as those with ADD can be, mean it! Dress like today is the day that you get to choose what your entire life is going to be like.

Tellman Knudson, a certified Hypnotherapist, is CEO of Overcome Everything, Inc and Hyperfocus. See more information about controlling ADD at

<http://InstantADDSuccess.com>

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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 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>

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