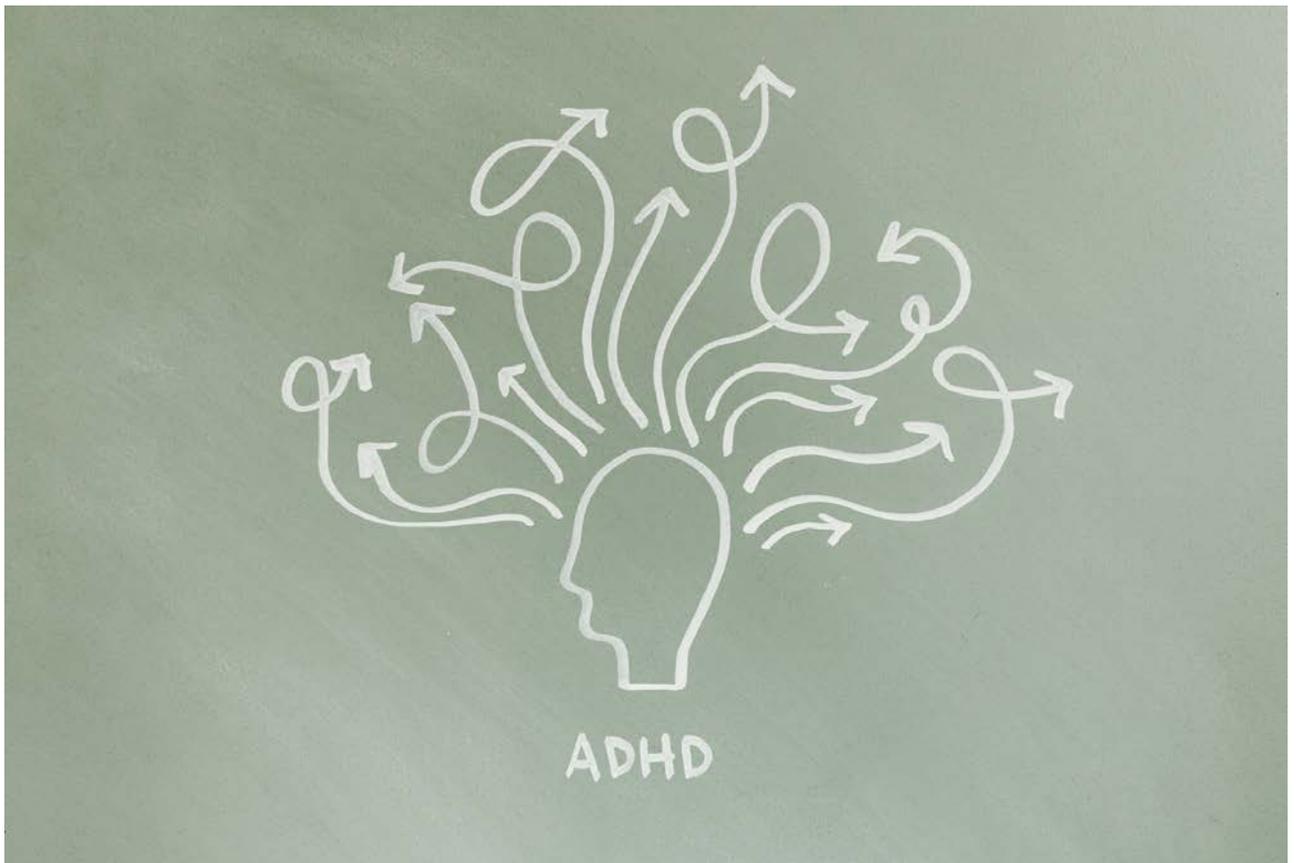


Our Mission

Through a holistic approach to emotional well-being, Wellnest offers hope, healing and opportunity to the children, young adults, families, and communities we serve. Our commitment remains steadfast as we enter our second century of service.

ADHD



Attention Deficit-Hyperactivity Disorder (ADHD) is often associated with hyperactivity and the inability to focus, but inadequate or unstable energy levels actually cause it.

An individual with ADHD has difficulty with Executive Functioning, which may include:

- Problems with focus and attention
- Memory
- Planning for the future
- Remembering past mistakes, so they don't repeat them
- Controlling intense feelings or impulsive behaviors

With insufficient energy, individuals find it hard to:

- Resist distracting sights and sounds
- Keep their mind focused on one thought
- Slow down responses to consider, "how did that work the last time I tried that?"
- Regulate strong feelings

As a result of gravitating toward 'rewarding' activities, individuals can focus for hours on the instant gratification characteristic of video games. Anxiety and procrastination occur when avoiding activities that may take longer to attain a reward.

Ways to address distractibility and mental organization include:

- Online websites such as www.Lumosity.com have effectively increased attention, memory, and processing speed.
- Make "To Do Lists" and "To Don't Lists."
- Address one task at a time to completion.
- Remove yourself from more intense settings, at least temporarily, to improve prioritizing and decision-making.
- Break larger tasks into smaller parts. Take frequent, short breaks (e.g., 20 minutes of studying, 5-minute breaks) that should focus on recharging, such as stretching or getting a snack.
- Develop Routines:
 - Morning routines (e.g., packing books, lunch).
 - Entering work, home, or the classroom.
 - Transitioning from one project to the next (e.g., materials, space, directions).
 - Leaving one setting for the day (e.g., checklist for preparing for next day's projects).
- Have checklists placed in visually accessible area (e.g., mirror, desk, etc.).
- Use Calendars/Smartphones as reminders for daily and longer-term projects.
- Store essential materials in the same place (e.g., book bag, class desk, home desk) and nowhere else.

- Reward effort with small rewards as well as achievement and task completion. Others without ADHD do not understand how much effort and energy the same task takes for someone with ADHD.
- Meditation such as Yoga or Mindful Meditation has been proven to increase mental organization and reduce emotional reactivity.

Ways to address impulsive behaviors include:

- Practicing Mindfulness: Noticing an itch and seeing how long you can resist scratching.
- See problems as learning opportunities and “errors” as natural steps along the way.
- Too much energy signals a need to “down-regulate” (e.g., relaxation, meditation, time-outs, etc.).
- Sudoku, Mastermind, and Clue promote problem-solving skills.
- Games such as Jenga, Red Light/Green Light, Mother-May-I, and Simon Says capture the idea of thoughtfulness in responding.

Resources:

1. YouTube
 - a. Mindful Meditation with Jon Kabat-Zinn: https://www.youtube.com/watch?v=3nwwKbM_vJc
2. Websites
 - a. Children and Adults with ADHD: www.CHADD.org
 - b. Differences in Learning: www.understood.com
 - c. Brain Training: www.lumosity.com
3. Books
 - a. [“Driven to Distraction”](#) by Edward Hallowell, M.D.
 - b. [“Taking Charge of ADHD”](#) by Russel Barkley, Ph.D.

Learn More about Wellnest:

www.WellnestLA.org