

Continuing Practical Tips

July 17, 2024

Maintaining Balance

Mantras – What’s Your Dinosaur? What are you “running” from?
Using mantras as passwords that require changing regularly

Apps that offer up inspirational thoughts randomly as support, motivation, balance

What will AI offer?

Setting random reminders with an affirmation

Carrying a crystal or stone with us in our pocket – symbolize the things we want to take with us or leave behind

Prompt to remind self not all or nothing – could be in the middle

Prompt to remember all emotions matter – learning to listen to the emotions in turn and without letting one lead all the time

***A WATCH PARTY FOR INSIDE OUT 2**

Being mindful

Watching the words we absorb and use with ourselves (internally and externally)

Pausing

Visuals when looking for balance → “dark cloud” and sticking finger into/out of the cloud
“finding sunshine”; questions marks and one word reminders

Notice the little things

Whirlpools not a whirlwind

Analysis Paralysis

The anxiety of transition contributes

Transition from Activity to Activity

Figuring out energy cycle

Setting out what need night before to leave the next morning (takes away the decision)

Leaning into the hyperfocus when get started

{Questions around medication and tolerance; hard science; check interactions with other prescriptions, foods, menstrual cycles, menopause and perimenopause; body chemistry changes over time}

Nicotine as a treatment – working on isolating the ingredient that helps ADHD because overall negatives outweigh the good

Reduction in estrogen exacerbates ADHD symptoms so have that conversation about HRT

Overwhelmed having to manage and self-advocate in medical system

Working with endocrinologist may be helpful (vitamin, mineral and hormone levels specifically)

Working with a functional doctor – mixing Western and other modalities

Having a medical/health advocate to manage all the specialists

Sources for Hard Science/Research

NIH

Google Scholar

PESI (is this universally accessible?)

Attitudemag.com

Following Ned Hallowell et al

Using exercise to manage ADHD symptoms

Like balance to kick out of rumination

Dietary and gut issues/allergies

Nutrition first can be helpful overall

For next time: How to find a coach and working with coach