

TAKING STEPS TOWARDS MINDFUL MOMENTS

*Skillfully Navigating
Life's Challenges with ADHD*

AWARENESS

PAUSE, take a deep breath.
OBSERVE the moment.
Notice thoughts, emotions,
&/or sensory experiences as
they arise. Access the
internal situation. Notice
sensations in the body.

1

OPENNESS

With **CURIOSITY** &
KINDNESS explore
what's happening.
Allow distractive,
impulsive, or reactive
behavior to be an
opportunity for care &
insight.

2

INTENTION

Take a moment to ground
yourself. **CHECK IN**. Take a
non-judgmental observer's
perspective. Ask yourself, is
what I'm doing right now in
line with my truest
intention or motivation?

3

SELF SPEECH

Recognize patterns that
are harmful or unhelpful.
DISRUPT SELF-CRITICISM
with **COMPASSION**.
Practice speaking to
yourself & others the way
your best self would
speak to a loved one or
small child.

4

SIMPLIFY

SELF-CARE is essential & a
preventative measure for
stress, anxiety, & overwhelm.
HOW can you **PRIORITIZE**
something that restores or
reenergizes you?
WHAT can you change or
eliminate that wastes time
or drains you? Being
efficient & getting things
done is not possible if we're
in burnout or have no
emotional bandwidth.

5

PROBLEM SOLVING

Slow down. Step out of
urgent or crisis mode. Go
back to purpose,
intention & core values.
Take whatever time you
need. **EXPLORE** creative
ideas. **PLAN** for obstacles,
list tools &/or strategies
to support those
challenges. If you don't
know yet, experiment.

6

WISDOM

Believe in your own ability to
be successful, while
understanding & accepting
both strengths & challenges.
Know realistic expectations.
Continue returning to present
moment awareness with
compassion & insight.

7

SECOND ARROW ADHD COACHING

Cultivating Self-Regulation, Compassion & Creative Problem Solving

MINDFULNESS MEDITATION PRACTICE & INSTRUCTION

*WHILE SITTING, WALKING, OR STANDING IN LINE.
PRACTICE FOR 5 MINUTES-DAILY*

THE PRACTICE:

PAY ATTENTION to the breath.

Focus on the natural rhythm of the breath inside the body, coming in & leaving.

Observe WHERE you feel the breath most clearly... the rising & falling of the shoulders, chest or belly, the sensation of the breath in the nostrils or on the lips.

**Breathing in... you know you're breathing in.
Breathing out... you know you're breathing out.**

FURTHER INSTRUCTION

DURING THE PRACTICE:

Notice any thoughts, emotions, or sensations in the body: your to do list, a stressful situation with a family member, tension or pain in the body, a sound (your dog snoring).

Allow all of this to be part of the practice.

Notice, label, (as thoughts, emotions or feeling sensations) then turn the mind gently back to the breath, each & every time.

The more you notice your mind wondering, the more you have the opportunity to practice. With compassion & kindness towards self... simply bring your attention back to the breath.

Meditation is NOT about having zero thoughts or calming the mind. There is nothing to achieve during meditation. Let go of outcome or result.

Meditation IS using distractions, rumination, shiny objects, inner critic, or rabbit holes as a gentle reminder to come back to the breath. The breath helps us connect with the body & the present moment.

