TAKING STEPS TOWARDS

MIND FUL 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.

INTENTION

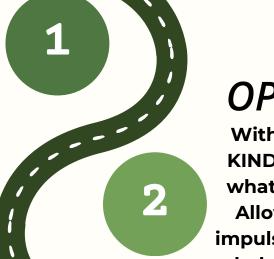
Take a moment to ground yourself. CHECK IN. Take a non-judgmental observer's perspective. Ask yourself, is what I'm doing right now in line with my truest intention or motivation?

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.

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.



OPENNESS

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

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.

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.







Cultivating Self-Regulation, Compassion & Creative Problem Solving

SECOND ARROW ADHD COACHING





MINDFULLNESS 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.



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