

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.

1

OPENNESS

With **CURIOSITY** &
KINDNESS explore
what's happening.
Allow distracting, impulsive, or reactive
behavior to be an
opportunity for
growth & learning.

2

INTENTION

CHECK IN. Take a moment to
ground yourself. Access the
internal situation or take a
non-judgmental observer's
perspective. Ask yourself, is
this what I want to be doing,
saying or thinking right now?

3

SELF SPEECH

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

4

SIMPLIFY

SELF-CARE is essential & a
preventative measure for
stress, anxiety, & overwhelm.
HOW can you **PRIORITIZE**
something or someone that
restores or energizes 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

Step out of urgent or
crisis mode. Take
whatever time you need.
Go back to purpose &
core values. **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 coming into the body & going out of the body.

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 &/or sensory impute: your to do list, a stressful situation with a family member, tension or pain in the body, a sound-like the dog snoring.

Allow all of this to be part of the practice.

Notice, 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. Without judgment or self-criticism, 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.

Meditation IS using whatever distractions, ruminations, shiny objects, or rabbit holes occur, & continuing to come back to the breath. The breath helps us connect with the body & the present moment.

This training will help to build the skill of sustained FOCUS & develop AWARENESS & INSIGHT throughout daily life.

