

What is ADHD?

When my first born was diagnosed with ADHD at 5 we had no idea what it was. As a mother I wondered if it was me and revisited my pregnancy week by week to see if I had eaten something or been exposed to something that could have caused "it". As I did the research I found that ADHD (Attention Deficit Hyperactivity Disorder) is an often a misunderstood neurodevelopment disorder impacting a wide variety of things from focus, ability to sit still, self-control, self esteem, diet, sleep and well being. ADHD is typically hereditary and in some cases can be caused by head trauma. ADHD also is a super power if harnessed and leveraged in the right way. Creativity, attention to detail, humor, high intelligence and curiosity to name a few.

I asked my first born shortly after the diagnosis what it felt like to have ADHD. She said, "You know the movie reel that has the little pictures in a row? I have a hundred of those going in my brain at the same time and I can't make it stop, ever." Pretty descriptive for a 5 year old!

Many things can help harness the magic of ADHD. Medications are often used to manage the chemical imbalance in the brain, to help with what I call the focus and the fidgets. Finding the right dose and mix for each person can take some time. For others, diet and exercise can help the brain naturally. Counseling and Coaching is also often recommended.

For us, we adopted all three approaches. While our road has not been smooth, our journey has been full of love, laughter, new learnings, and opportunities. The internal movie reels have been tamed and now the movies are a place of entertainment!

For more information on ADHD and how coaching can help you, reach out and let's chat. You can reach me at www.busybraincoaching.com

