

Coaching ADD with Sharon

Newsletter #17

Slowing Down

July 11, 2007

in this issue

- [Slowing Down](#)
- [Getting Help](#)
- [I'm Interested in Hearing From You!](#)

Dear Friend,

ADD coaching can be an important step in working through the issues of attention deficit disorder. Medication can help with focus, but it does not improve issues such as disorganization, time management, forgetfulness and rumination. Coaching helps you through these issues one step at a time to improve your overall quality of life.

Coaching can be a positive component of a multi-modal treatment plan. Read the information below, use it and share it with a friend or family member who may be dealing with the frustrations of ADD. Refer to my web site at www.coachingaddwithsharon.com for additional information about me and how coaching can help you.

Do you always feel like no matter how much you work, it is never done? Does it seem that everyone else is doing more than you in less time? Are you constantly playing catch up? Believe it or not, what you need to do is **slow down**.



Slowing Down



If you are ADD, the idea of slowing down may seem counter productive. You may be thinking, "Slow down?! I can't get enough done in a day as it is. How can I slow down?" But, the truth is we have trouble focusing on what we are doing at any given moment. Our minds are full of a dozen different things at one time and it takes longer to complete a task because we are not focused on it. We become overwhelmed, disorganized and frustrated. Sound familiar?

So, the way to learn to slow down and still get things done, is to be more self aware. Take time out to pay attention to your daily routine. Once you pay attention to the fact that you are leaving the house without your keys because you were thinking about what to have for dinner, or that you forgot to start the dishwasher after loading it because you were thinking about a task you need to complete at work, you will begin to see a pattern. The next step is to create strategies for fixing the overwhelm.

Take time out each day to relax and recharge. Sit, breath deeply and clear your mind. You will see that this practice or some other form of relaxation will slow your racing brain, slow your frantic pace, reduce the overwhelm and actually help you accomplish more. You may even begin to enjoy yourself more!



Try it! You may be surprised by the results. And, if you have any questions about slowing down, contact me. I can help you to improve your quality of life.

"Don't Let What You Can't Do Get In The Way Of What You Can"

Getting Help

Coaching is a non-judgmental partnership that focuses on guiding you toward actions to improve the quality of your life. Sessions begin with what the client feels is their biggest challenge and works toward discovering strengths and talents and creating strategies for change. If you are ready to improve your life, I can help. Visit my web site www.coachingaddwithsharon.com or email me at sharonh75@optonline.net.

If you have missed any of my newsletters or want to refer back to them, they are now on my website.

I'm Interested in Hearing From You!

As part of my bi-weekly newsletter, I would like to know if you have questions or experiences to share. Other readers can benefit from answers to the questions or situations you have successfully dealt with. Please e-mail me at sharonh75@optonline.net and I will try to include your questions and/or situations anonymously in future newsletters.

Sharon Howell

Quick Links...

- [More About Us](#)
- [CHADD \(Children with Attention Deficit Disorder\)](#)
- [ADDA \(Attention Deficit Disorder Association\)](#)
- [CACLD \(CT Association for Children & Adults w/Learning Disabilities\)](#)
- [Dr. Daniel Amen and the Amen Clinics](#)

my e-mail: sharonh75@optonline.net

You can call me at: 203-374-6109

Visit my website at: <http://coachingaddwithsharon.com>