

Coaching ADD with Sharon

Newsletter #20

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Dear Alan,

Join the global
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A MEETING OF THE MOMS
October 1-6, 2007

I am excited to announce that I will be a guest speaker at Momference the first-ever live weeklong tele-conference for women at all stages of life and motherhood. Discover how to live a more satisfying life, reach your personal and career goals and tackle the challenges of parenting- while being a great mom! This week-long event gives you access to experts in parenting, career, relationships, home, self-care and more without having to leave your home. Find out more about Momference at www.momference.com

Introduction

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 have negative thoughts that keep bothering you? You keep thinking about that cutting comment that a friend made to you, the raise you did not get last month, the money your husband spent on something useless? Do these thoughts keep coming back, cluttering your brain, making you angry, keeping you awake at night?



Rumination



The mind's constant attention to negative thoughts is called **rumination**. Rumination can actually create neurochemicals that change the brain's chemical balance and can immobilize us. It is an intense form of worry.

Rumination is triggered by certain unpleasant memories that in turn create negative emotions. The more you pay attention to a thought, the more it grows. If we allow negative thoughts to build and occupy our time, we become stuck in negative thought patterns that can strongly impact our quality of life and actually make us sick and depressed.

So, how do we stop the cycle of **rumination**? The first thing to remember is, "*What we pay attention to grows!*" It is a simple, but very important statement. There is scientific proof that negative thoughts actually produce neurochemicals that make you feel bad. Conversely, positive thoughts produce neurochemicals that make you feel happy and more positive. Which one sounds better?

Practicing *pattern interrupt* can help you to stop rumination. Whenever you find yourself getting stuck in negative thinking, try telling yourself to STOP and get your mind on something positive. Take 3 deep breaths, or anything that you think might help you to replace the negative thought with a positive one, and clear your mind of the negative thought.

Other ways to stop rumination are regular exercise, which helps raise your endorphins and improve your mood. You can also try listening to relaxing music. Aromatherapy is also a form of relaxation that works for some people?

Like any other skill, it takes practice to stop ruminating and concentrate on the positive. If anyone has any suggestions for things you have practiced, I would love to hear them and include them in another newsletter. If you need help with this skill, contact me for coaching. I can help.

"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.

Sharon Howell

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](#)

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