

Coaching ADD with Sharon

Newsletter #30

ADD Management for Women - Part 2

February 7, 2008

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Dear Alan,

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

So, did anyone try working with any of the ideas from the last newsletter? If you did, hopefully you noticed a change in your stress level. If not, please take the suggestions seriously, because they will make a difference. I have three more ideas to present this week. Each one takes some time to institute. But if you work on them, I promise you will see that they do make a difference.



ADD Management for Women - Part 2

Begin associating with ADD-friendly people. Associating with other women who have ADD provides you with a form of support. You realize more and more that there are many others out there dealing with the same issues. This provides you with moral support as well as many coping mechanisms that you can learn from others. Seek out people who, even though they are not ADD, can understand and appreciate what you are dealing with. Begin to avoid people who are not supportive, whose messages to you are negative or destructive. These people only hurt your self-esteem and provide you with no moral support.



Become an expert in stress reduction. Those of us with ADD are especially sensitive to stress and we tend to have more of it. Practice taking a "time out" every day. It could be 15 minutes to just relax, read a book, take a bath, sit outside alone and have a cup of coffee or anything else that relaxes you. Build these into your day in whatever way you need. Enlist help from your spouse, a baby-sitter, a friend, but make it work for you. In addition, create time for exercise (yoga, stretching, walking, aerobics) and work at getting adequate sleep each night. It sounds like a tall order, but your stress levels will stay high and your productivity will not

improve unless you work these things into your schedule. Remember, as I have said many times, "***You can't take care of others if you don't take care of yourself.***" These ideas are not luxuries, they are necessities!

Eliminate and delegate. None of us are good at everything. We can't do it all and that is even more true for women with ADD who are continuously feeling overwhelmed by trying to "do it all." As much as possible, delegate tasks that are either difficult for you or that you tend to put off because you hate doing them. Hire a housekeeper, pay to have your groceries delivered, etc. Then you will be able to work harder and better at the things that you enjoy and are good at. Try it, it works!

I hope you have read some things in this and the previous newsletter that make sense to you in the process of reducing the stress in your home life. If you would like some additional help in reducing the stress and enjoying life more, contact me. I can help.

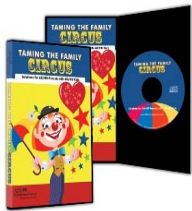
"Don't Let What You Can't Do Get In The Way Of What You Can"

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 [ADD Management for Women - Part 1](#) or any other of my newsletters or want to refer back to them, they are on my website.

Taming the Family Circus



If you are looking for ideas on how to control the chaos in your ADD home, I encourage you to purchase a copy of Taming the Family Circus. This CD is primarily for ADD parents of ADD children looking for ways to improve family dynamics. This CD gives you my 3 basic steps for turning chaos into calm. Click here to learn more about - [Taming the Family Circus.](#)

Sharon Howell

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- Dr. Daniel Amen and the Amen
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