

ADHD and Mindfulness

Presented by: Shawn Aminirad



Learning Outcomes

- Identify the benefits of mindfulness for students
- Use mindfulness when studying to improve your ability to initiate a task, concentrate on the task, and then complete the task
- Demonstrate the importance of goal setting and reflection in order to attain your goals

What is Mindfulness?

- Type of meditation
- Focus on the moment, without judgment (Mayo Clinic, 2020)

Mindfulness Benefits

- Stress
- Anxiety
- Pain
- Depression
- Insomnia
- High blood pressure (hypertension)
- Improve attention
- Decrease job burnout
- Improve sleep
- Improve diabetes control

(Mayo Clinic, 2020)

How and Where to Practice Mindfulness

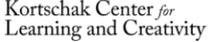
- Eating
- Drawing
- Breathing
- Exercising
- Sitting
- And more!

Mindfulness and ADHD

- Research indicates that mindfulness can:
 - Improves attention and cognitive inhibition while reducing symptoms of anxiety and depression
(Zylowska, L., Ackerman, D. L., Yang, M. H., Futrell, J. L., Horton, N. L., Hale, T. S., Pataki, C., & Smalley, S. L., 2008)
 - Keep you on-task
(Bachmann, K., Lam, A. P., Sörös, P., Kanat, M., Hoxhaj, E., Matthies, S., Feige, B., Müller, H., Özyurt, J., Thiel, C. M., & Philipsen, A., 2018)
 - Reduce ADHD symptoms like difficulty beginning tasks, or completing them once started
(American Psychiatric Association, 2013)

Worksheet Overview

 USC University of Southern California

 Kortschak Center for Learning and Creativity

ASSIGNMENT ASSISTANT FOR STUDENTS WITH ADHD

This worksheet can help you concentrate as you work on tough assignments, readings, and test prep.

Today's assignment:



MINDFULNESS MOMENT

Choose one way of being mindful from the list below. Take 5 minutes to focus on the item. If you'd like, you can fill in the bubble next to the sentence.

Today I reflected on:

- o Things I'm grateful for
- o The sounds outside
- o An object in the room
- o The way something tastes
- o My breath
- o A picture/pattern I'm coloring/drawing
- o _____



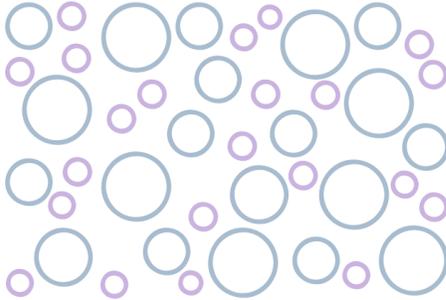
I WONDER WHAT'S NEW WITH...

Write down any distracting thoughts you have as they come up. Having a place to store your unrelated thoughts can help you take your mind off them more quickly, because you know you can come back to them once you've finished your task.

- _____
- _____
- _____

Restorative drawing space

Feeling stuck or tired? Fill out a few bubbles by mindfully coloring them or by using your imagination to create new objects out of them. Doing this will help you recharge your brain before diving back in to work!



Post-Work Reflection



THINGS/PEOPLE THAT SUPPORTED ME TODAY

What/who helped you today? Were there any strategies or things nearby that helped you complete your task? Reflecting on this can solidify positive habits and build social connections

- _____
- _____
- _____



THINGS TO CHANGE FOR NEXT TIME

What do you want to do differently next time? Reflecting on this can help you learn what helps you, and writing down what you want to change makes you more likely to implement those changes in the future.

- _____
- _____
- _____

Today's Assignment Goal

- Begin by writing the task you're planning to focus on today
- Consider smaller, more manageable steps as your assignment for the day

Today's assignment:

Mindfulness Moment

- Take 5 mindful minutes before beginning Today's Goal



MINDFULNESS MOMENT

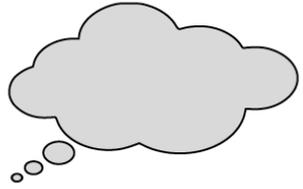
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Today I reflected on:

- Things I'm grateful for
- The sounds outside
- An object in the room
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- A picture/pattern I'm coloring/drawing
- _____

Brain Dump List

- Can be helpful to vent, keep track of thoughts, or hold onto distractions (Mincu, 2019)



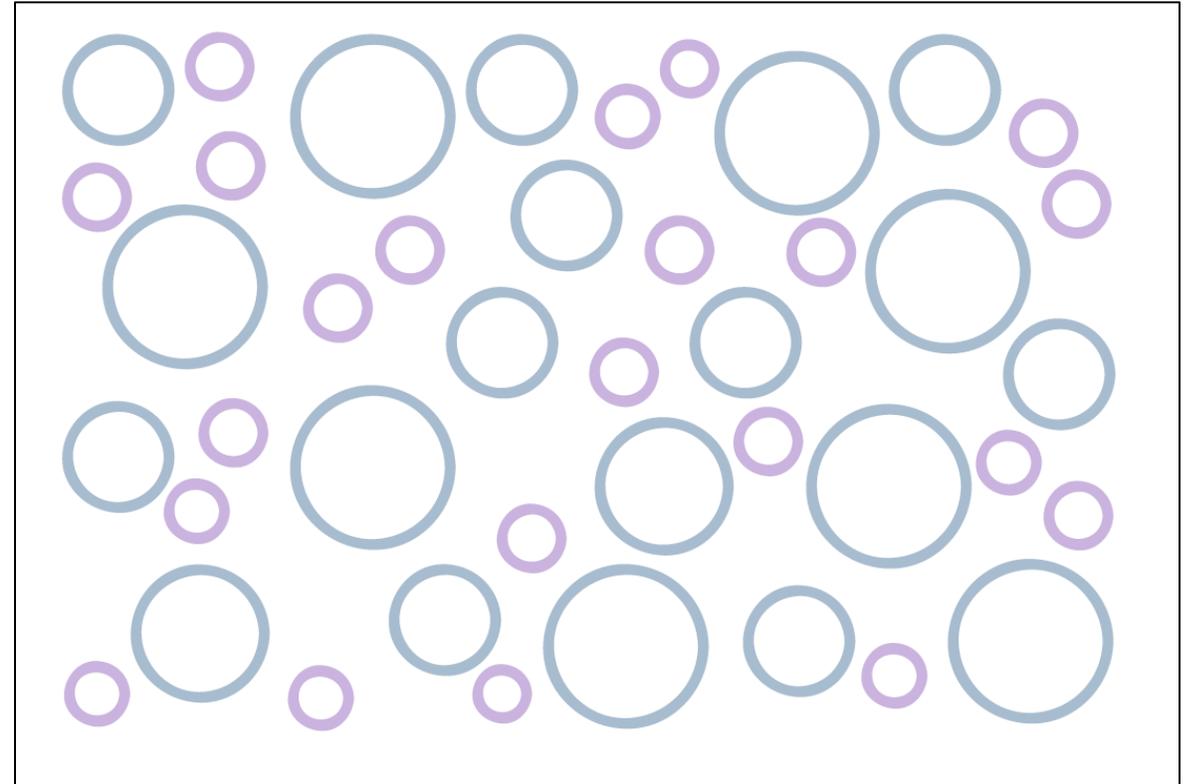
I WONDER WHAT'S NEW WITH...

Write down any distracting thoughts you have as they come up. Having a place to store your unrelated thoughts can help you take your mind off them more quickly, because you know you can come back to them once you've finished your task.

- _____
- _____
- _____

Restorative Drawing Space

- Fill in a few bubbles with fun, creative imagery
- Can help you think about a problem differently (Fabrega, 2016)



Things and People that Helped Me Today

- Promotes metacognition
- Helps solidify positive habits
- Builds resilience by emphasizing strong social connections (Dvorksy & Langberg, 2016)



THINGS/PEOPLE THAT SUPPORTED ME TODAY

What/who helped you today? Were there any strategies or things nearby that helped you complete your task? Reflecting on this can solidify positive habits and build social connections

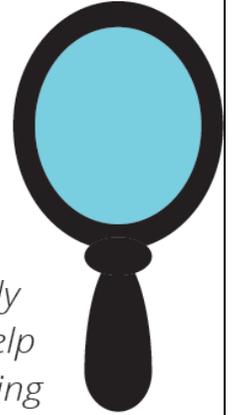




Things You Can Do Differently

- Easier to stick to things if they're written down (Greene, 2019)
- Helps us understand ourselves

THINGS TO CHANGE FOR NEXT TIME



What do you want to do differently next time? Reflecting on this can help you learn what helps you, and writing down what you want to change makes you more likely to implement those changes in the future.

- _____
- _____

Thank you!



References

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