ADHD 2.0

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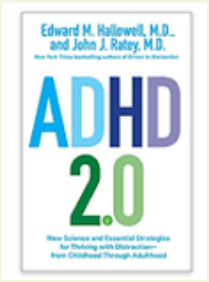


KEY LEARNING POINTS

DEFNITION

ADHD is a neurological difference, not entirely a disorder or an asset but an array of traits. Individuals might start to display traits of ADHD at a young age or as an adult

FERRARI BRAIN with BICYCLE BRAKES

ADHD brains are powerful and fast (like a Ferrari), but often lack the braking system (impulse control and regulation) to match that power.

"Strengthening one's brakes is the name of the game".

THE CEREBELLUM CONNECTION

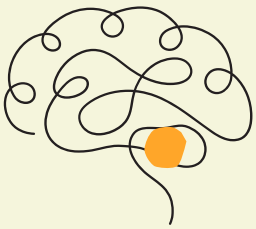
The cerebellum occupies 10% of the brain volume but contains 75% of the neurons. The cerebellum is now believed to be closely linked to emotional regulation and, along with the vestibular system, linked to coordination, balance and movement. By using both mental and physical activities, individuals can power up the cerebellum to enable better emotional regulation, physical balance and mental focus.

BIOLOGICAL vs ENVIRONMENTAL

Individuals may not have the biological markers for ADHD but might develop symptoms due to conditions of modern life, "when the demands of life exceed the person's ability to deal with them"; what is referred to as VAST (variable attention stimulus trait).

The GLITCHY SWITCH

Two information based networks in the brain vying for control. The 'task-positive network -TPN' (focused attention) and the 'default mode network - DMN' (mind-wandering and creativity), tend to interfere with each other in ADHD brains.
"In ADHD, therefore, the DMN competes with the TPN, which in most people it does not".
"Unfortunately, the TPN is akin to a muscle that atrophies when not used".



QUOTES

"Boredom is kryptonite; the ADHD mind recoils from boredom, disappearing into a fervent search for stimulation"

"Focus on anything external to yourself. Activating the TPN will shiut down the DMN"om is kryptonite; the ADHD mind recoils from boredom, disappearing into a fervent search for stimulation"

PARADOXIAL PAIRS

USEFUL	PROBLEMATIC
Passionate, zealous, idealistic	Rigid, fanatical, irrational
Meticulous at times on projects	Usually disorganised, even chaotically so
Dreamer, visionary, lives on wings of imagination	Sometimes bored of reality
Honest to a fault; will say what other don't dare to say	Can hurt feelings, can unwittingly and unintentionally be cruel
Naturally curious	Easily distracted
Enormously energetic	Impulsive
Full of ideas	So many ideas can choke growth of any single one

*see extensive list in book

MOVING FORWARD WITH ADHD

Build on Strengths

Focus on what you're good at and what energises you.
Structure your work and life around your strengths.

Understand Your ADHD Brain.

Learn how your brain works: you're not broken, just wired differently.
See ADHD as a mix of strengths and challenges.

Optimise Nutrition

Eat whole foods; avoid processed sugars and junk.
Omega-3s and certain supplements may help — discuss with a doctor/ health practitioner.

Prioritise your sleep

Protect your sleep: stick to a routine, manage screen time before bed, and create a restful environment. Poor sleep can worsen ADHD symptoms.

Move Daily

Regular physical exercise is crucial.
Even short, frequent bursts of movement can help regulate attention and mood.

Create External Structures

Use planners, reminders, alarms, visual cues.
Build routines that reduce decision fatigue and promote consistency

Build Positive Connections

Stay connected with supportive people, relationships buffer stress.
Positive human connection is therapeutic for the ADHD brain.

Use Medication Wisely (if needed)

Medication can be life-changing when used correctly.
It should be seen as part of a larger plan, not a standalone solution.

Practice Mindfulness & Self-Awareness

Learn to notice when you're drifting and gently bring yourself back.
Mindfulness practices can improve self-regulation over time.

Stay Hopeful & Be Flexible

ADHD is lifelong, but it's also highly manageable.
Life stages bring new challenges; stay curious and keep adapting your tools.