Anxiety Disorder, ADHD & Recovery

Wale Oladipo
Course Outline

• Introduction

• Anxiety, ADHD and the Brain

• Helpful Recovery Tips
What is ADHD?

Attention deficit hyperactivity disorder (ADHD) is one of the most common brain-driven conditions which affects both children and adults.

6 Major Symptoms of ADHD

- Short attention span
- Distractibility
- Procrastination
- Disorganisation
- Impulsivity
- Poor internal supervision
Other common symptoms in classic ADHD may include:

- Poor follow through
- Making careless mistakes/poor attention to detail
- Forgetfulness
- Difficulty awaiting their turn
- Being noisy
- Trouble listening when others talk to them
- Restlessness
- Being fidgety
- Act as though driven by a motor
- Talking excessively
- Interrupting others
Anxious ADHD

Anxious ADHD is a combination of classic ADHD and severe anxiety symptoms. When high anxiety co-habits with ADHD, it becomes anxious ADHD, escalating the overall symptoms.

Common Symptoms of Anxious ADHD (All the classic ADHD symptoms plus):

- Conflict avoidance
- Frequently anxious or nervous
- Tendency to freeze in social settings
- Physical stress symptoms, such as headaches, stomach aches, etc.
- Predicting the worst
- Excessive fear of being judged
- Dislikes or is excessively nervous about speaking in public
Amen clinics SPECT studies on Anxious ADHD brains show:

- Increased activity in the basal ganglia at rest and during concentration.
- Decreased activity in the prefrontal cortex and cerebellum during concentration.
SPECT Scan Finding in ASD

Amen clinics SPECT studies on BRAIN PATTERNS in autism include:

- **HIGH ACTIVITY PATTERNS IN ASD:**
  - Increased activity in the anterior cingulate gyrus and lateral prefrontal cortex, relating to symptoms such as: repetitious speech and behaviour, getting stuck on thoughts, problems with transitions and change
  - Overall increased activity throughout the brain, which may be associated with inflammation and be related to: mood instability, emotional meltdowns, anxiety

- **LOW ACTIVITY PATTERNS IN ASD**
  - Decreased cerebellum activity, contributing to: impeded or poor motor skills, problems with learning and thought coordination
  - Decreased activity in the back portion of the brain, especially in the parietal and temporal lobes, contributing to: communication difficulties, learning problems, sensory processing issues, problems with abstract thinking
Hypo-activation of the PFC and insufficient top-down control found in anxiety disorders:
Ball, T.M. et al., 2012; Goldin et al., 2009; Etkin et al., 2006; Lee et al., 2012
Session 2
Recovery Tips

• Kill automatic negative thoughts (ANTS)
• Killing automatic negative thoughts (ANTS)

• “No one ever wants to be with me.”

• “The teacher (or boss) does not like me.”

• “I am so stupid.”

• “I am always messing things up.”

• “I am terrible parent.”
Common Automatic Negative Thoughts (ANTS)

• Fortune telling. “Other people will laugh at me.”

• Mind reading. “Everybody is thinking I am stupid.”

• Thinking with your feeling. “I feel like you don’t love me.”

• Labelling. “Idiot,” “spoilt brat,” “clown”
Common Automatic Negative Thoughts (ANTS)

- **Blaming.** “It is your fault,” “that wouldn’t have have happened if you had...”

- **Focusing on the negative.** Only seeing the bad in a situation

- **“Always” thinking.** “thinking in words such as, always, never, no one, everyone, every time, everything.

- **Guilt beating.** Thinking in words like should, must, have to, or ought.

- **“All or nothing” thinking.** Something is either all bad or all good. There is nothing in-between.
Challenging Automatic Negative Thoughts (ANTS)

Automatic Negative Thoughts (ANTS)

- Is there another way of looking at this?
- What evidence is there?
- How would someone else see this?
- What advice would I give someone else?
- Is this fact or opinion?
- Is this thought helpful?

Identify Those Automatic Negative Thoughts

Question and Challenge Those Automatic Negative Thoughts

Come up with more realistic and optimistic thoughts
### Examples of Ways to Kill the ANTS

<table>
<thead>
<tr>
<th>ANTS</th>
<th>Species of ANTS</th>
<th>Kill the ANTS (reframing with a more balanced thought)</th>
</tr>
</thead>
<tbody>
<tr>
<td>The boss does not like me</td>
<td>Mind Reading</td>
<td>How do I know that? Maybe he’s had a terrible weekend</td>
</tr>
<tr>
<td>The whole class will laugh at me</td>
<td>Fortune-Telling</td>
<td>I don’t know that. Maybe they will like my speech and be encouraged that I tried</td>
</tr>
<tr>
<td>I am stupid</td>
<td>Labelling</td>
<td>Sometimes I do things that are not too smart. But I am not stupid</td>
</tr>
<tr>
<td>It is your fault that we have this relationship problem</td>
<td>Blaming</td>
<td>I need to look at my part in the problem and look for ways I can make things better</td>
</tr>
</tbody>
</table>
Recovery Tips

• Process repressed negative emotions

Using the Stress Cycle
The Stress Cycle

❖ #1: Your life *experience*
❖ #2: Your pattern of *thoughts*
❖ #3: Your negative *feelings*
❖ #4: Your physical *symptoms*
❖ #5: Your *avoidance mechanisms*
The Stress Cycle

Life Experience

Negative Coping Mechanism

Negative Thinking

Physical symptoms

Negative Feelings

Chronic illness, accident, abuse, trauma, divorce, loss, redundancy, insecure attachments in childhood, etc.

I am not good enough, I am a bad parent, I am a failure, I am unworthy, It is all my fault, I can’t cope, I’m stupid, something bad is going to happen, etc.

I feel anxious, hopeless, drained, ashamed, guilty, stressed, depressed, scared, betrayed, etc.

Headache, fatigue, panic attacks, faintness, heart palpitations, sweating, dizziness, nausea, etc.

Drugs, alcohol, isolation, eating disorder, denial, social withdrawal, repression, intellectualisation, etc.
Recovery Tips

- Avoid yelling when dealing with children with ADHD.
- Regular exercise
- Daily focused breathing and meditation exercises
- Identify your talents and strengths
- Consider higher protein, lower carbohydrate diet
- Banish anything toxic to your brain
- Access social supports tailored for individual with anxiety or ADHD
- Incorporate counselling/psychotherapy/coaching
- Love
- Helpful supplements. Supplements for ADHD and anxiety include, magnesium, theanine from green tea, B complex vitamins, vitamin D, vitamin C, calming scents from essential oils of lavender and chamomile, and fish oil/omega 3 fatty acids.
Using Meditation to Build New Brain Connections for Calm and Confidence (re-programming the subconscious)

- Take a few moments to think about what you really want in life.

- Starting with ‘I’ or ‘I AM’, write a few sentences detailing what you want as though it is already your reality. How would you like your brain to wire itself in the next 21 days?

- Use daily guided meditation to map your new intention in the brain and detach your new self from your old self.

- Experience the new self by feeling the feeling, using all your senses.
Q & A
We are running this workshop again...

Workshop Colchester: Understanding and Managing Anxiety Disorder and ADHD

Friday 1st May, 10 am - 12:30 pm

@ Holiday Inn Colchester

To register:
- Register on FACEBOOK: MindBody Breakthrough: Click ‘EVENT’
- Visit: www.mindbodybreakthrough.net
- Click the links of our previous emails to you
- Search: mindbodybreakthrough events Colchester
Other Colchester Workshop...

Treating Obsessive Compulsive Disorder

Friday 1st May, 7 pm - 9:30 pm

@ Holiday Inn Colchester

To register:
- Register on FACEBOOK: MindBody Breakthrough: Click ‘EVENT’
- Visit: www.mindbodybreakthrough.net
- Click the links of our previous emails to you
- Search: mindbodybreakthrough events Colchester
Other workshops in this region...

Ipswich Workshop: Trauma, the Brain & Recovery

Saturday 2nd May, 10 am - 4:30 pm
Friday 5th June, 10 am - 4:30 pm

@ Novotel Ipswich Centre

To register:
• Register on FACEBOOK: MindBody Breakthrough: Click ‘EVENT’
• Visit: www.mindbodybreakthrough.net
• Click the links of our previous emails to you
• Search: mindbodybreakthrough events Ipswich
Other workshops in this region...

Cambridge Workshop: Trauma, the Brain & Recovery

Saturday 4th April, 10 am - 4:30 pm
Thursday 4th June, 1 pm - 6:30 pm

@ Anglia Ruskin University

To register:
• Register on FACEBOOK: MindBody Breakthrough: Click ‘EVENT’
• Visit: www.mindbodybreakthrough.net
• Click the links of our previous emails to you
• Search: mindbodybreakthrough events Cambridge
London Workshop

Treating Generalised Anxiety Disorder and Panic Attacks

Saturday 21st March, 10 am - 4:30 pm
Saturday 2nd May, 10 am - 4:30 pm

@ Regent’s University London

To register:

- Register on FACEBOOK: MindBody Breakthrough: Click ‘EVENT’
- Visit: www.mindbodybreakthrough.net
- Click the links of our previous emails to you
- Search: mindbodybreakthrough events London
Professional Workshop - Maidstone

Grow Your Own Practice: From Start-Up to Profit Satisfaction

Sunday 7th June, 10 am - 5 pm

@ Mercure Maidstone Great Danes Hotel

To register:
• Register on FACEBOOK: MindBody Breakthrough: Click ‘EVENT’
• Visit: www.mindbodybreakthrough.net
• Click the links of our previous emails to you
• Search: mindbodybreakthrough events Maidstone
WEBINARS

Treating Generalised Anxiety and Panic Attacks
Wednesday 29th April, 7 - 9 pm

ADHD, Anxiety Disorder and Recovery
Tuesday 12th May, 7 - 9 pm

Treating Intrusive Thoughts & the Inner Critical Voice
Thursday 2nd July, 7 to 9 pm

To Register:
• Register on FACEBOOK: MindBody Breakthrough: Click ‘EVENT’
• Visit: www.mindbodybreakthrough.net
• Click the links of our previous emails to you
• Search: mindbodybreakthrough events webinar
For Online Anxiety Recovery Courses & Materials

Please Visit:
www.mindbodybreakthrough.net
Keep in Touch

Facebook/Instagram: mindbody breakthrough

Join our Mental Health Discussion Group on our Facebook page (Mindbody breakthrough)

- Twitter: waleoladipo

For in-house seminar/general enquiries, please email: enquiries@mindbodybreakthrough.co.uk

Join the MindBody Breakthrough Network

Follow on YOUTUBE for free recovery videos: Wale Oladipo
MindBody Breakthrough
Well-Being & Motivational Resources
Anxiety Disorder, ADHD & Recovery

Wale Oladipo