



ADHD Add-Ults: "Add" is Not Just for Kids **by award-winning author / stress-relief expert Susie Mantell**

Periodically, I share tips here to help you cope with a wide variety of stressors, including worry, tension, depression, anxiety, workplace stress, and global events. In honor of April being "Stress Awareness Month," let's look at an interesting, if less common, stressor and some soothers that may be helpful.

ADD-ults: "ADD" is Not Just for Kids

Q: Dear Susie, As a child I was diagnosed with an Attention Deficit Disorder. Now, frequent insomnia drives me crazy. I use no stimulants. Could the old A.D.D. still be the culprit?

A: It could, and worry alone can disrupt our sleep, as can some medications and foods. Sleeplessness presents two problems: The misery of tossing and turning, plus the long-term cognitive and psychomotor sequelae of sleep-deprivation impacting mood, health, professional performance, and relationships. Symptoms often diminish with age, or they may persist. Adult ADD is less frequently diagnosed, but if you think about it--all those little kids eventually grow up.

What Do All Those Letters Mean?

ADD = Attention Deficit Disorder. People living with ADD demonstrate frequent difficulty staying focused and are easily distracted, although some people can engage and focus intently at times, but not consistently.

ADHD = Attention Deficit Hyperactivity Disorder. People living with ADHD experience the same difficulties as above, with an additional overflow of motor activity.

Six Simple Soothers to Mitigate Symptoms Associated with ADD or ADHD:

1. Talk with professionals to review some well-documented associations between specific foods and hyperactivity, as well as other foods that might enhance relaxation.
2. Exercise regularly, pleasurably, but not near bedtime. Evening exercise can stimulate the central nervous system and boost metabolism, which may contribute to wakefulness.
3. Try relaxation techniques including breath work, yoga, mindfulness meditation, massage and reflexology, guided imagery meditation, etc.
4. Please find many general sleep tips at <http://www.relaxintuit.com/tips.asp>

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5. Some ADD & Relaxation Web Resources to Visit: (All links below were live at this writing)

As always, check recommendations with healthcare professionals.

<http://www.addhelpline.org> Comprehensive site

<http://www.addresources.org> ADD Support for Adults and Children

<http://www.add.org> Nat'l. Attention Deficit Disorder Association

<http://www.chadd.org> Children & Adults with ADD

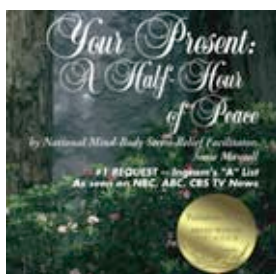
http://www.baltimorepsych.com/NewADD_Meds.htm Adults with AD/HD

<http://www.cnn.com/2002/HEALTH/parenting/03/13/adhd.study/index.html>

<http://www.nlm.nih.gov/medlineplus/attentiondeficitdisorderwithhyperactivity.html>

6. Finally, try to find compassionate counselors and MDs with specific expertise in helping adults with ADD to cope, compensate and diminish symptoms. A teaching hospital may be a good place to start.

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END OF THIS TIP##