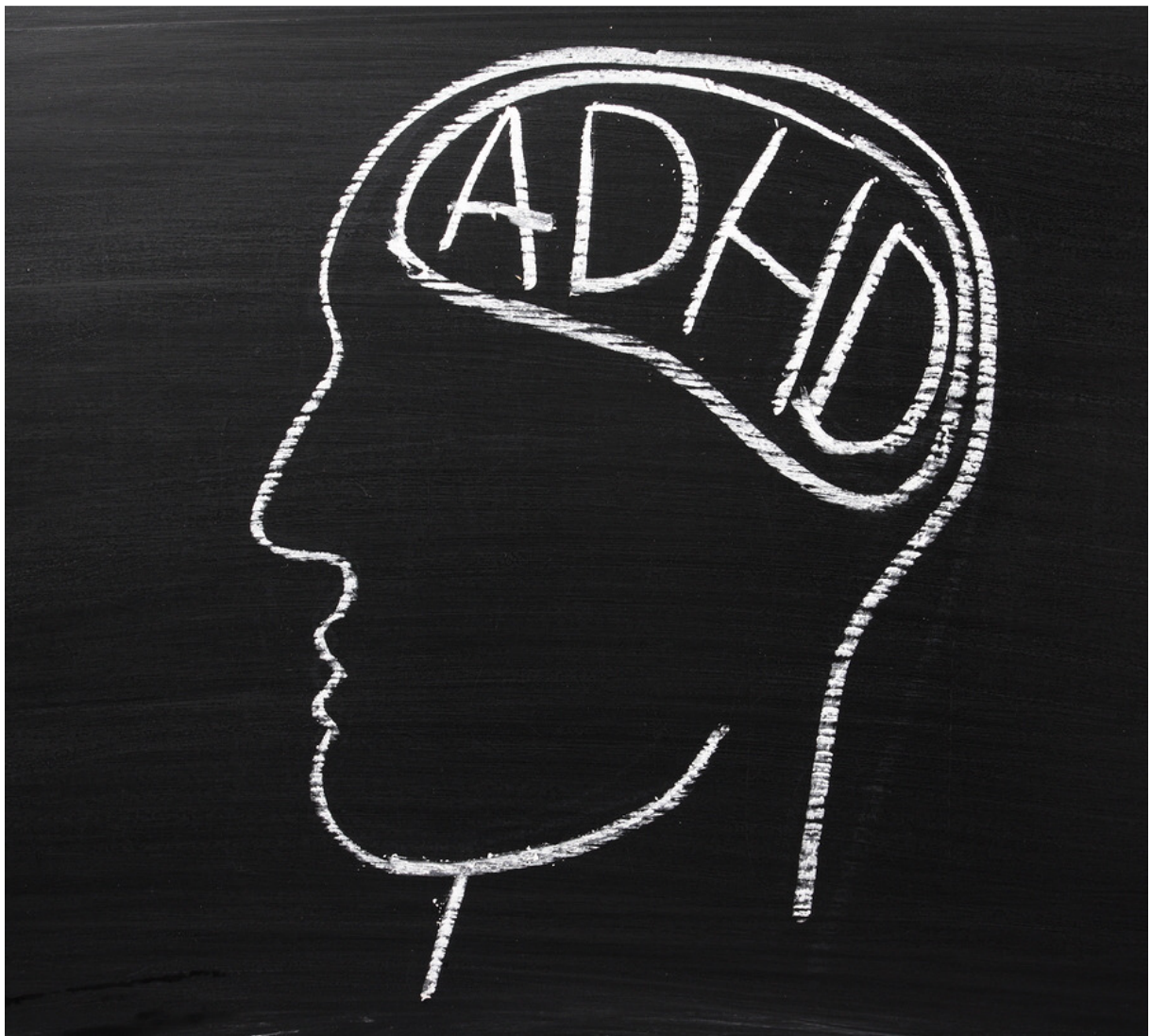


6 Tips For Slowing Down The **ADD/ADHD** Brain



By Cassandra Greene

Quick Note From Cassandra: My goal has been and always will be helping people that are in situations just like yours. I have been there and felt the *pain, confusion, and frustration* of having ADD/ADHD.

Now I want to share my knowledge and [help YOU conquer your ADD.](#)

If you know anyone who is currently in the same situation as you **please feel free to pass this guide along. Share it on Facebook, Email, Forums. Wherever you can to help spread the message and help impact peoples' lives for the better.**

Thank You,

Cassandra Greene

If you are a grown up person having ADD/ADHD, then you may be familiar that at times, slowing down is a very difficult thing to do. There are a lot of jobs to get done and so little time to get them completed. So your mind starts working in a high speed, trying to achieve it all and more, or getting upset about the actuality that it looks as if it is not viable to get it all completed. As a result, you use up a lot of time constantly worrying, and very little time getting pleasure from life. While slowing down is a complex ability to put up, it can be made. Here are **6 established methods** to slow down the adult ADD/ADHD brain:

1. Setup Defined Work Hours



Fix up your business hours and stand by them. Even though at times it is essential to work overtime, do not do it if not you just have to. You will work more competently during the day when the time you have to complete your job is fixed. And take a break on weekends – or at least 2 days a week. You ought to have it.

2. Arrange for a Night out with Others



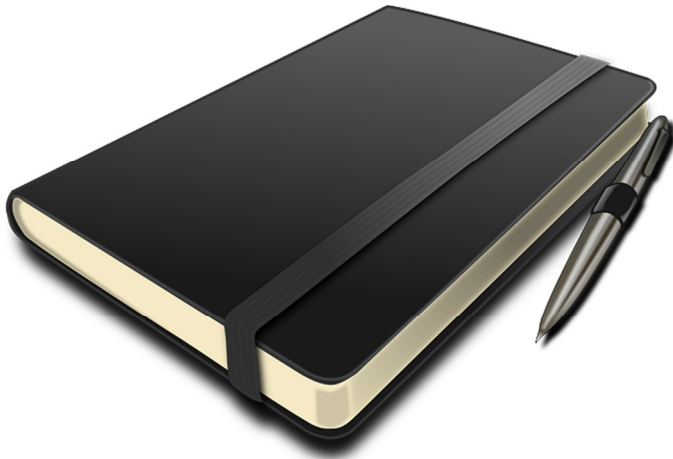
Nothing is more enjoyable than having a night out with people you like. This may well be with colleagues, friends, family, or members of a group you are a part of. Have a good time.

3. Make a Weekly Obligation (Like Taking a Class or Involving Yourself in a Group)



Find a reason to go out of the house and out of the office each week. Attend a class, if possible to learn something you for all time wanted to know how to do. Make certain that you **pay** for the class beforehand so you will not be coaxed to miss it out.

4. Diary



Maintaining a diary compels you to stop, think over and act out. It aids you to deal with nervous tension and achieve clearness. Formulate the resolution to do it every day - even if it is merely for 10 minutes! Do not be bothered about sentence structure, syntax, punctuation, or flow since no one else ever has to see it.

5. Meditate



There are a lot of diverse methods of meditation, but I have a preference for mindfulness meditation. This is merely the action of being there in the present instant - whether you are working, walking, or washing the dishes. Make an effort to keep your mind in the instant, and do not tag on worrying or troublesome feelings when they come up. It is all right to start on little by little, with 5 minutes spent in mindful meditation daily, and after that building on your performance as you happen to be more at ease.

6. Switch off Your Computer 2 Hours before Bed



Computers are rather interesting, in particular for ADHDers. Frequently at times, you will find yourself sitting at your computer at 3 o'clock in the morning completely occupied in exploring something totally arbitrary. You just cannot move away from the pc and go to bed, and that is for the reason that the computer stimulates your brain. Switch the pc off at least two hours prior to going to sleep so as to suitably relax, and slow down, at night.

Cassandra,

PS: If you thought this report was helpful, you're really going to like my ebook 'How To Conquer ADD' and an 87-minute interview with ADHD expert, Deena Kotlewski, MA, LCPC.

>>[Click Here](#)<< for more information.