

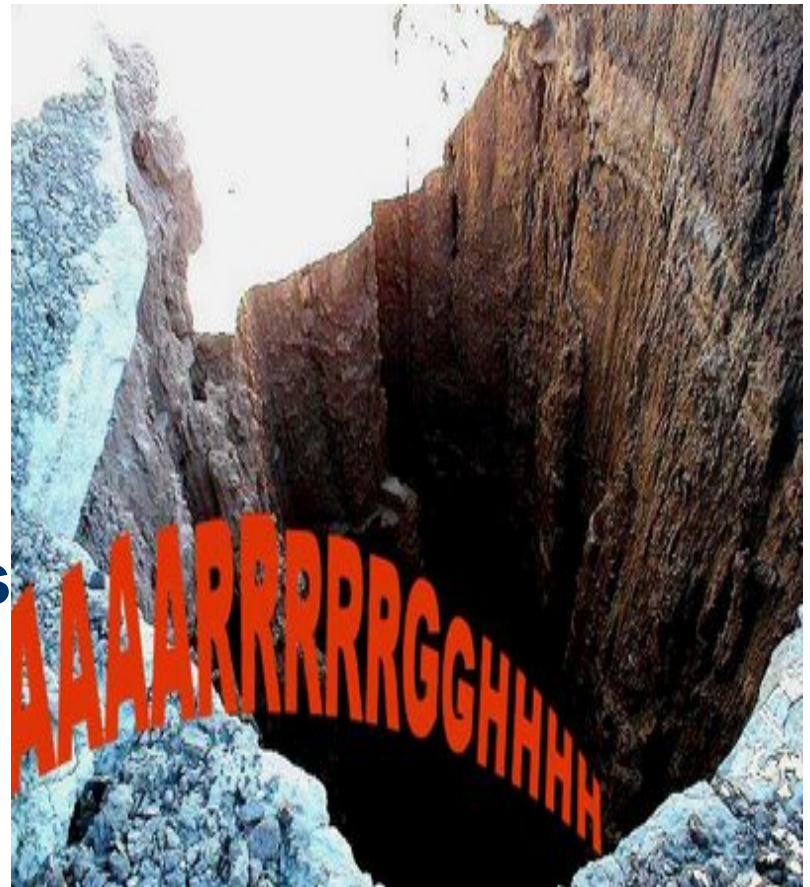
AD/HD IN THE ERA OF ENDLESS©



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Endless Is a Game Changer

- **Endless Information**
- **Endless Distraction/
Interruption**
- **Endless Work**
- **Endless Connectedness**



ENDLESS INFORMATION

There is no end to the information that can be found to:

- **ANSWER A QUESTION**
- **SOLVE A PROBLEM**
- **MAKE A POINT**
- **SATISFY A CURIOSITY**

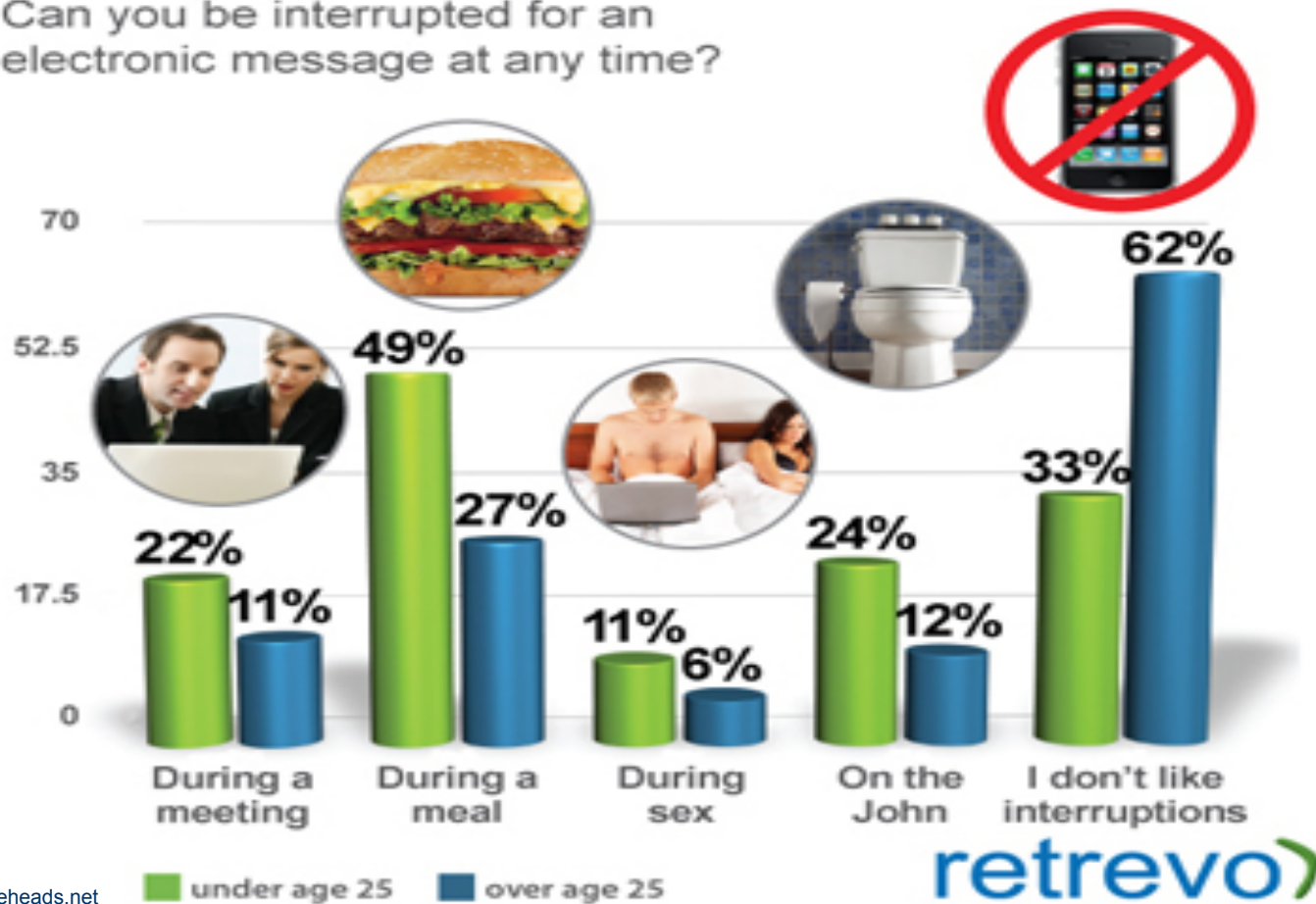
ADDers tend to be information junkies

INFORMATION TURN-ON

- **CURIOSITY AND DOPAMINE**
- **“RUSTLING IN THE BUSHES”**
- **ADD AND “PSEUDO-ADD”**
- **FOMO - FEAR OF MISSING OUT**

My Time Is Your Time

Can you be interrupted for an electronic message at any time?



IT'S ALL ABOUT CAPTURE

“Write” it down

- Record it
- Read it out loud
- Capture it verbally
- Convert it
- Write on your hand



CLASSES OF INFORMATION

- RECEIPTS
- BUSINESS CARDS
- PHOTOS
- FINANCIAL STATEMENTS

It's a jungle out there!

Come to peace. Be consistent, the secret of being organized.

Potential, Opportunity and Possibility -The New Distraction

Potential: Capable of developing into actuality

Opportunity: A favorable circumstance will arise

Possibility: Capable of happening

Enthusiasm for the future



POP = Distractions

Delivery, not content, brings its own sense of surprise and urgency.

Blog, follow blogs, comment on blogs, check LinkedIn, join LinkedIn groups, check Facebook status, update Facebook status, chat, read Google Alerts, set up RSS feeds, Emails, tweets, text, calls

THE WAR ON WORKING MEMORY

SCRATCH PAD MEMORY

“Holds information in the moment it is being processed, either generating a response or tucking it away in long-term memory for later...Our working memory is constantly taking in information, doing something with it and clearing it out to make room for the next incoming information.” – Ari Tuckman

THE WAR ON WORKING MEMORY

- **Completing a task-at-hand**
- **Interrupting a train-of-thought**
- **The immediate (interruption/distraction) is stronger than the distant (stuff we're holding in our working memory)**



NEW WEAPONS

CLASSIC – Lower distractions, declutter, use a body double, post it notes

- **CAPTURE - “WRITE IT DOWN”**
- **CHUNKING VS. MULTI-TASKING**
- **ENHANCE ‘RECOVERY’ – GRAB AN ARTIFACT**
- **USE WORKING MEMORY PROSTHESIS**

WORKING MEMORY PROSTHESIS

REMEMBER THE MILK.COM, WUNDERLIST.COM

SIMPLECHECKLIST.COM, GTASKS.COM

DIGITAL POST IT NOTES

TOP THREE FOCUS SELF-TALKS

- **WHAT DO I NEED TO BE DOING RIGHT NOW?**
- **IS WHAT I AM DOING NOW WORTH PUTTING ASIDE FOR THIS NEW THING?**
- **WHAT HAVE I LEARNED ABOUT THIS BEFORE?**

REMEMBERING WHERE IS MY STUFF?

- Use technology like tiletrackingtags.com
- Cell phone – Google “find my Android”, “find by iphone”
- Use GPS
- Take pictures!



ENDLESS CONNECTEDNESS

‘Co’ means ‘together’ or ‘with’: co-mmmunicate co-mmmunity, the very essence of social media.

Remember, “Attention is never deficit. It is always excessive. ADDers are constantly occupied with internal engagements.” – Dr. William Dobson

Connectedness creates more internal engagements

ENDLESS CONNECTIVITY FUELS INTERNAL DISTRACTIONS

Worry about follow through
Loose ends
To do lists in our heads
Fear of Missing Out
Generate ideas
Stimulates interests



ENDLESS CONNECTEDNESS -- PUSH BACK

- **Off-load internal distractions.**
- **Put them into a digital container like Evernote.**
- **Get them out of your head**
- **Non-digital container - Word document or to do list.**
- **Do not have your smartphone wake you.**
- **Use a watch.**

If your smart phone wakes you or is your watch, you'll chronically check social media.

IMPULSIVITY BUTTONS

**WHAT POP PRESSES YOUR IMPULSIVITY
BUTTON? Facebook, Twitter, texting?**

Work email 80% check on weekends

65% check on vacation

Gaming

Online buying

Neglect real time/facetime

Puts our bodies and minds on constant alert



Impulse Mitigation

Awareness 1st line of defense

Pausing – breathing exercises

Shop with a money limit

Have a specific list

Substitute other ‘people’ activities

Family Technology Policy

ENDLESS WORK

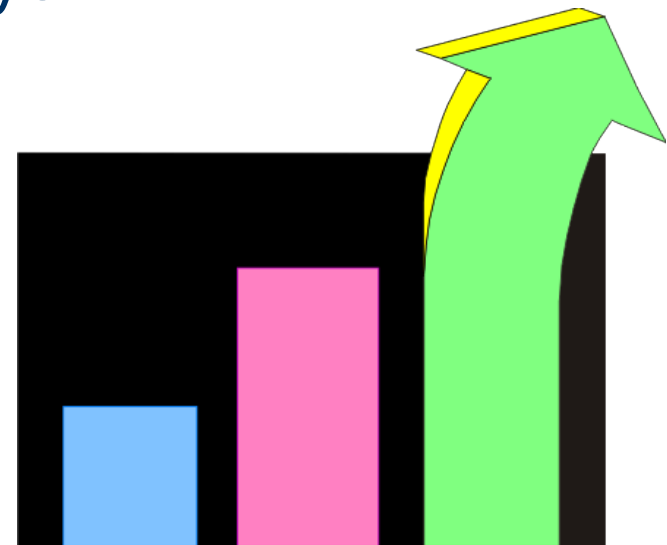
The Good News: Personal productivity has increased. We are working smarter!

The Bad News: Productivity is re-invested into more work rather than into more leisure

- **Blurs the line between ‘work’ and ‘leisure’**
- **Undermines ‘closure’**
- **False sense that we can work anywhere, anytime**

Cash In On Your Leisure Dividend

- Take vacation days
- Keep one Sat. or one Sun. per month unplanned
- Take all your personal days



PAUSE REST LEISURE SLEEP

- **Allows all that endless information to be worked on by your executive function**
- **Turned into knowledge, decisions, learning**
- **Enables you to use judgment**
- **Self-care of the brain**

NON-DIGITAL LEISURE

- **SOCIALIZING WITH FRIENDS**
- **PHYSICAL EXERCISE**
- **BEING IN NATURE**
- **SLEEPING**
- **REAL TIME DATING**
- **SEX WITH A LIVE PERSON**

“YOU CAN WORK ANYWHERE” –NOT!

- **OPEN SPACES/ LIGHT/ WINDOWS/
SPREAD OUT = STRATEGIC PLANNING,
BRAINSTORMING, CREATIVE PROJECTS**
- **INTENSE, SOLITARY WORK, ANALYSIS &
WRITING = SMALLER, QUIET SPACES**
- **DISTRACTIONS ARE ALWAYS AN ISSUE**

CLOSURE - A QUALITY OF LIFE ISSUE

- **MEANING RESERVOIR**
- **CLOSE BEFORE YOU OPEN**
- **'CARROT' APP – PRIZES FOR COMPLETING TASKS, HILARIOUS REPRIMANDS FOR FALLING BEHIND**

ORGANIZE YOUR SUPPORT SYSTEM

- **Organizing Buddies/Clutter Companion**
- **Time Tutor, Paper Partner**
- **ADD Coach**
- **Body Double**
- **Professional Organizer**



PROFESSIONAL ORGANIZER

- **Onsite Conditions**
- **Set up systems, routines, habits**
- **Sort and purge**
- **Body Double**
- **Maintenance**

RESOURCES

*Getting Organized in the Era of Endless
ADD-Friendly Ways to Organize Your Life*

www.squallpress.net

judith@fileheads.net, Fileheads.net (blog)

Challengingdisorganization.com (find a PO/ ADD Specialist)

The Gift of Adult ADD – Lara Honos-Webb

CHADD.org

Understand Your Brain Workbook – Ari Tuckman

Your Brain at Work – David Rock

Pew Research Center's Internet and American Life.

www.pewinternet.org

