



ADHD, MINDFULNESS AND EMOTION

Mark Bertin, MD
Developmental Pediatrics
www.developmentaldocor.com

OUTLINE



ADHD AND
EMOTION



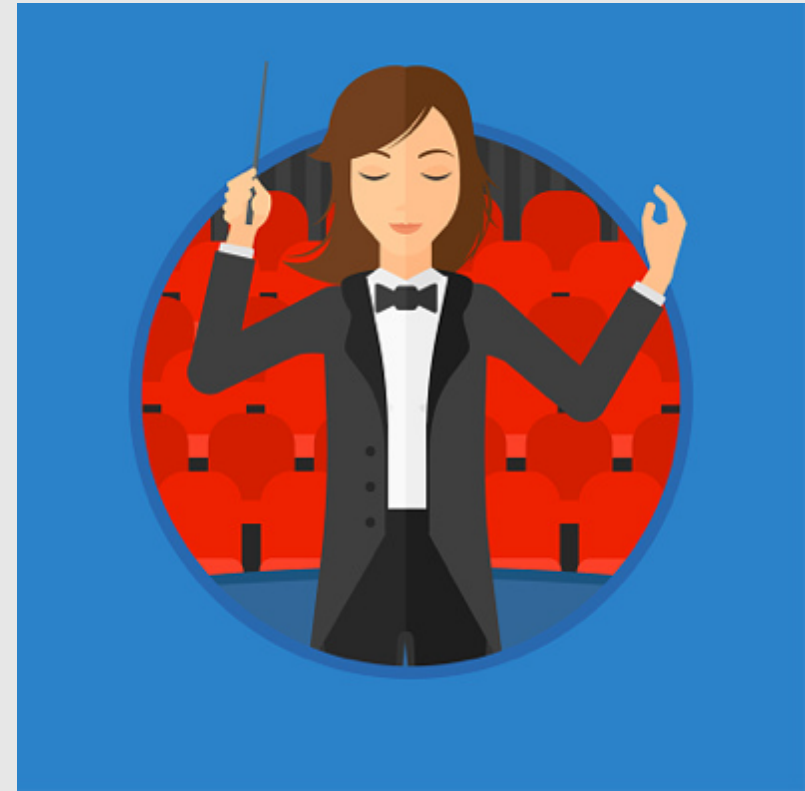
MANAGING
EMOTIONS



MINDFULNESS &
EMOTION

Executive Function

- **Attention**
- **Behavior**
- **Tasks**
- **Information**
- **Effort**
- **Emotion**





Brain Manager and Behavior

- **Behavioral symptoms**
- **Attention shifting**
- **Following directions**
- **Flexible thinking**
- **Stress**

Co-occurring Conditions

- **Rule of ADHD**
- **Common ones include: Stress, anxiety, language delay**
- **Oppositional behavior is often a result of emotion alone**

Adhd and health

- **Adhd affects health routines**
- **Health routines affect emotions**





Parenting ADHD

- **Parents of children with ADHD are at risk for**
- **Stress**
- **Anxiety and depression**
- **Marital tension**
- **Losing sense of control**



Stress and Habit Change

Stress =

fight /

flight /

freeze

OUTLINE



ADHD AND
EMOTION



MANAGING
EMOTIONS



MINDFULNESS &
EMOTION

Managing Emotions



- Emotion and how we act around our emotions seem the same
- “Managing” emotions requires awareness of the emotion and then responding skillfully

The Meaning of Emotions



Role of Environment



Labeling Emotions



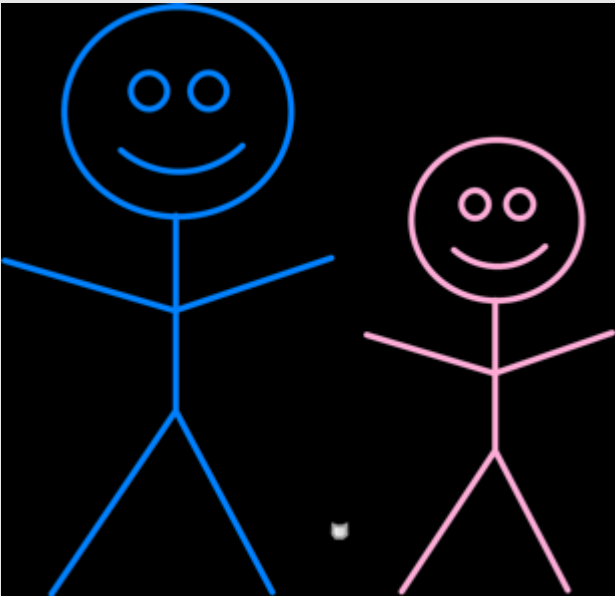
A large red speech bubble with a black outline is positioned on the left side of the image, pointing towards a word cloud on the right. The word cloud is set against a black background and features various emotional terms in different shades of blue and white. The words are arranged in a dense, overlapping manner, with some words being significantly larger than others.

Word cloud terms include:

- TEMPER
- ANXIETY
- HEADACHE
- AGITATION
- FEAR
- DEPRESSION
- STRESS
- NERVOUS
- TENSION
- WORRY
- PTSD
- WITHDRAWAL
- OVERWHELMED
- FATIGUE
- FAILURE
- NEGATIVE
- MOOD
- LONLINESS
- NEGATIVE
- SCARED
- INSOMNIA
- DESPAIR

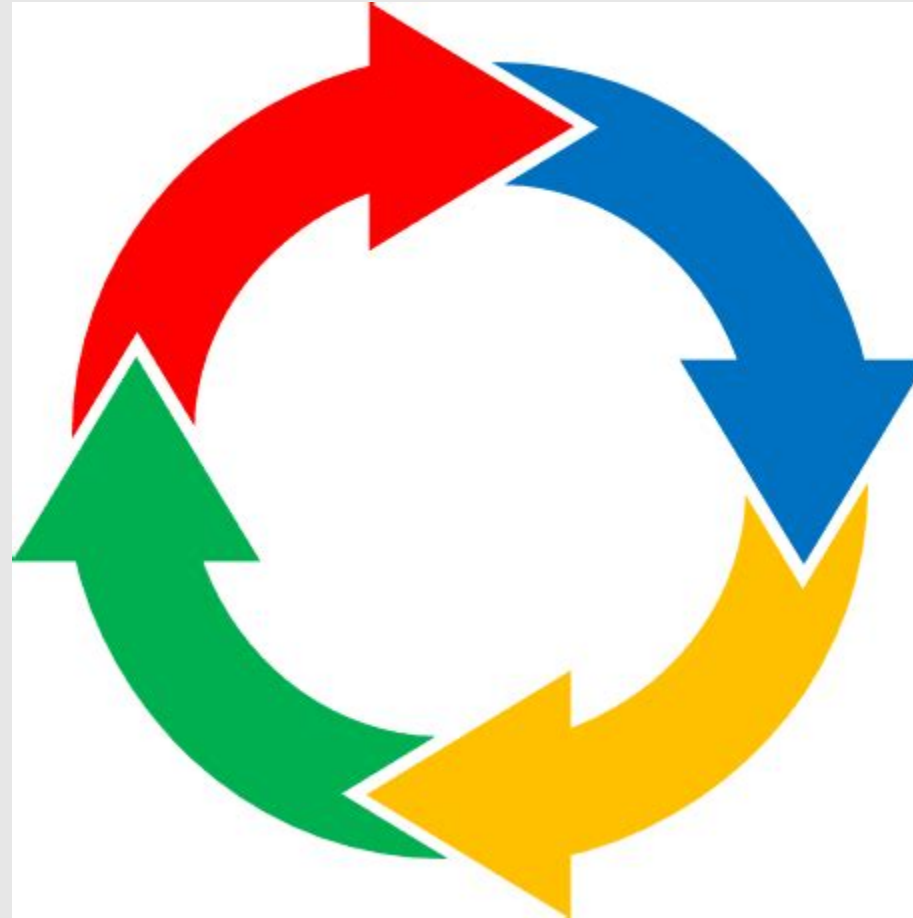
Parent Training

- Role of discipline (positive and corrective)
- Exploring triggers



Don't want to.

Emotional
reactivity



Success

Behavior

ABC model

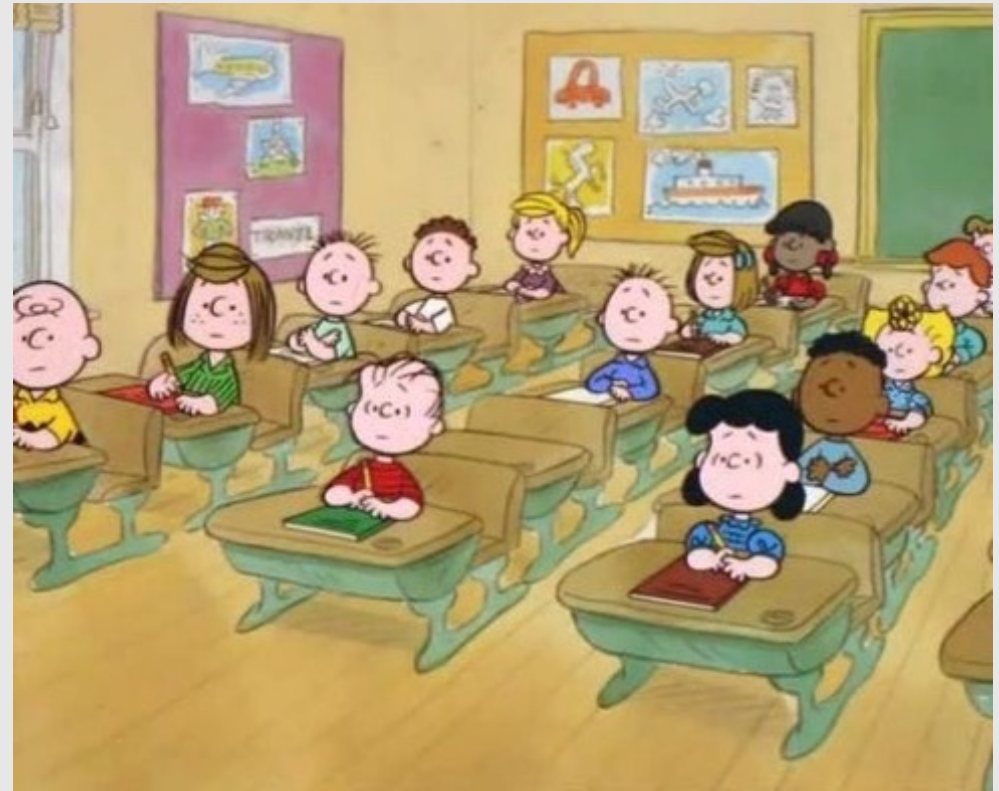
Teaching children that the trigger (emotion) is different than the behavior

- **A = antecedent**
(triggers like I want / don't want)
- **B = learned behaviors**
- **C = consequences**
(outcomes that are reinforcing or discouraging)



Parent Training

- **Discipline = education**
- **Early reminder system**
 - **Stress shuts down hearing and thinking**
- **Parents & children benefit**





"I wish I'd started therapy at your age."

**Behavioral
Therapy**

**Child focused
Parent focused
Family
intervention**



**Role of
Medication**

**ADHD
medication**

**Co-occurring
conditions**

OUTLINE



ADHD AND
EMOTION



MANAGING
EMOTIONS



MINDFULNESS &
EMOTION



Mindfulness and Emotion

Surfing the waves ...

Or getting knocked down by them.

Defining Mindfulness

- **Real time, unbiased awareness**
- **Seeing life with clarity and understanding (compassion)**





Mindfulness & Staying Settled

Resilience for parents and families

Emotions happen ... then what?

Mindfulness practice – what is it like, sitting with discomfort?

Mindfulness and Habits



Expert Stress Management





Mindfulness and Awareness

Body scan

Feet on the floor practice



RAIN practice

Recognize

Accept & allow

Investigate

Non-
identification

Managing Emotions – Mindful Awareness



- “Managing” emotions requires awareness
- Separating emotion from thoughts and actions
- Awareness itself has multiple components:
 - Feelings
 - Thoughts
 - Sensations
 - Perspectives (beliefs)

Kindness & Compassion practice



NOT EVERYTHING THAT
IS FACED CAN BE
CHANGED BUT NOTHING
CAN BE CHANGED
UNTIL IT IS FACED ♥

JAMES BALDWIN



ADHD, MINDFULNESS AND EMOTION

Mark Bertin, MD
Developmental Pediatrics
www.developmentaldocor.com