

# Mindfulness for ADHD



# Agenda

- A bit about ADHD
- What is **Mindfulness**?
- **How** to practice mindfulness
- **Guided** and **unguided** meditation
- **Formal** and **informal** mindfulness
- How Mindfulness helps with **ADHD**
- Dispelling the **myths** of Mindfulness
- How Mindfulness can train **focus** and **attention**
- What happens to the ADHD brain when we are mindful
- Discover **how the ADHD brain is different** to the neurotypical brain
- How just a **1-minute** mindfulness technique can be beneficial for ADHD



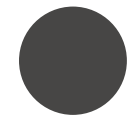
# ADHD

“A Ferrari Engine with bicycle brakes”

“Variable Attention”

“It’s not a deficit of attention, it’s an abundance”

Dr Edward Hallowell



# ADHD

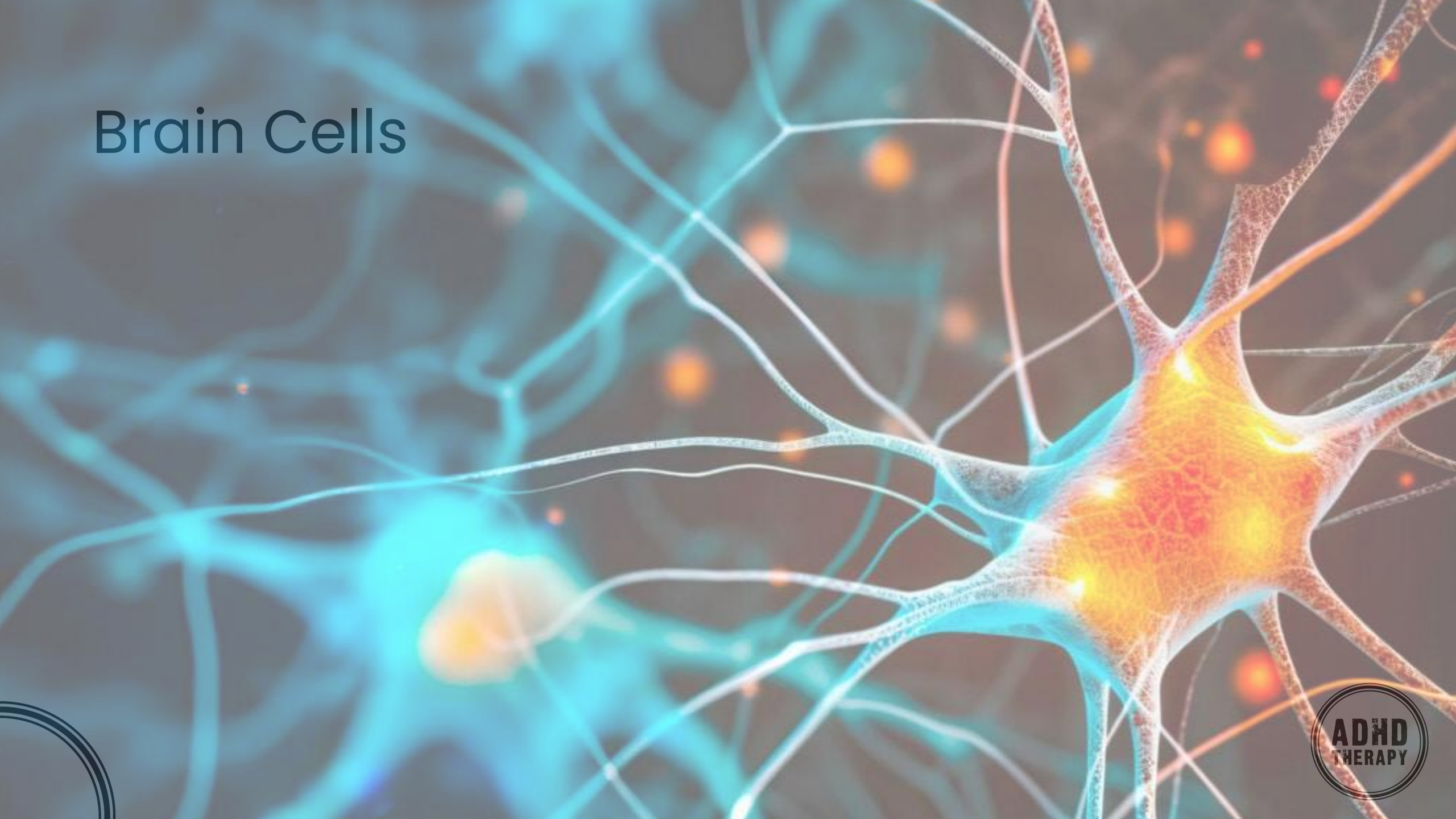
“A deficit in behavioural inhibition, sustained attention and **resistance to distraction** and the regulation of one’s activity level to the demands of a situation”

“A disorder of self-control”

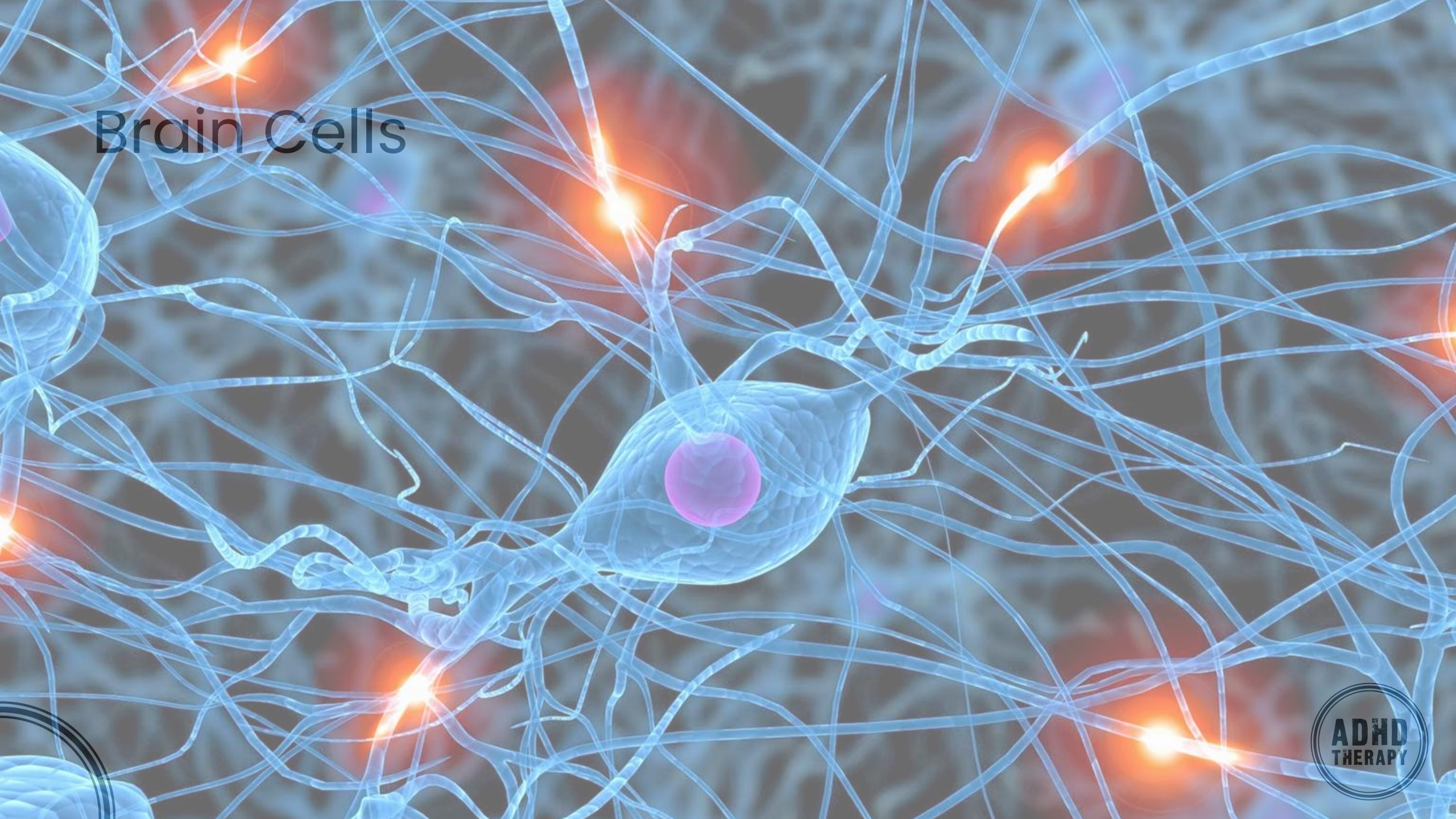
Dr Russell A Barkley



# Brain Cells



# Brain Cells



# Brain Cells

100 Billion Brain Cells

100,000,000,000

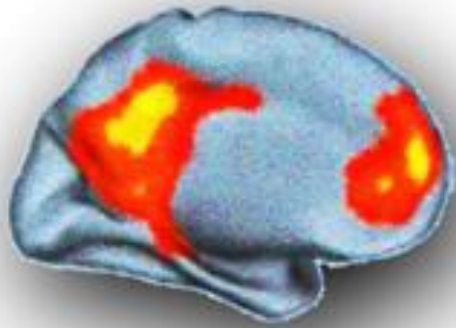
100 Trillion Synapses

100,000,000,000,000

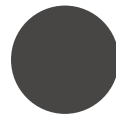


# The ADHD brain

**Default Mode Network**  
more active at rest (task-negative)  
mind wandering



**Attention Network**  
more active during tasks (task-positive)  
engaged attention





# The Neurotypical Spotlight of attention

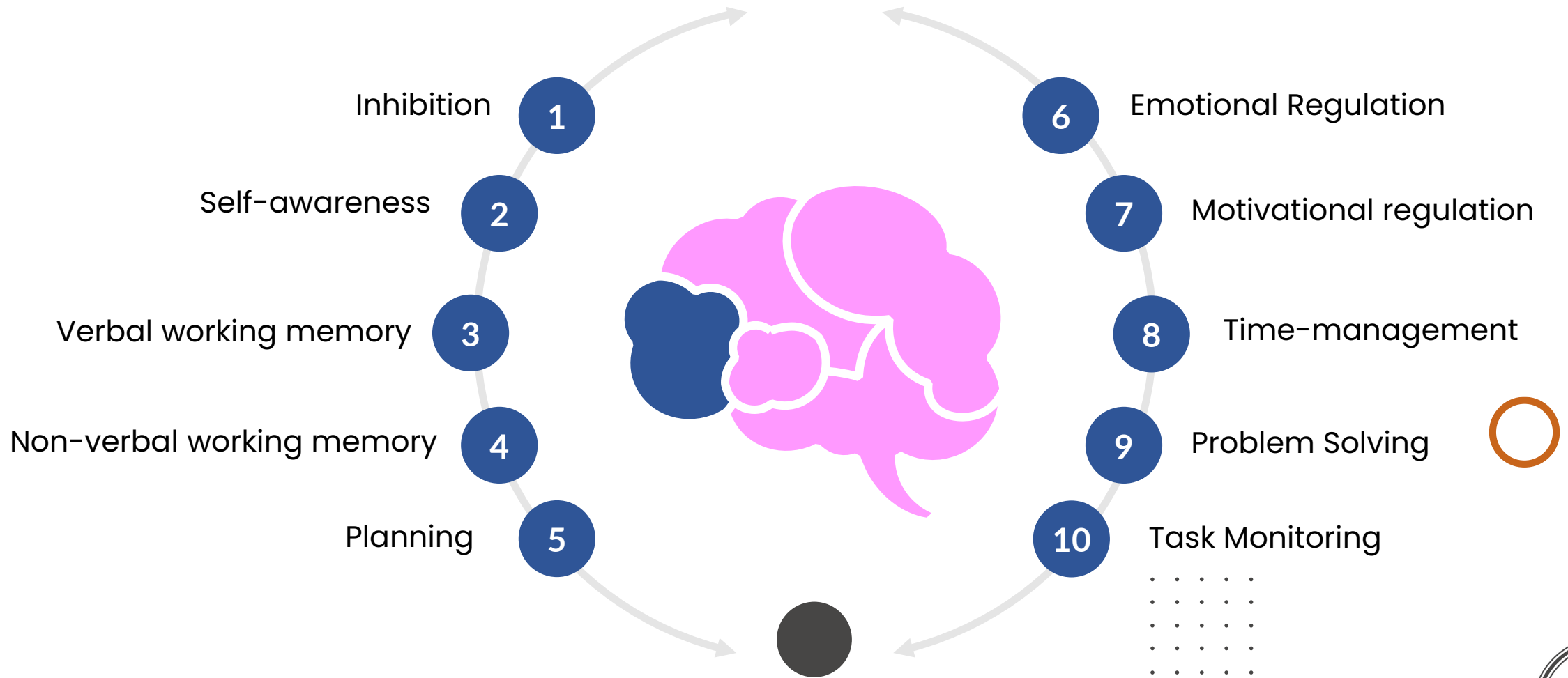
# The untrained ADHD spotlights of attention



# The Trained ADHD spotlight of attention



# Executive Functions



# Benefits of mindfulness

Relaxation

Stress

Gratitude

Pain Management

Sleep

Awareness

Anxiety

Depression

Emotional Regulation

Memory

Relationships

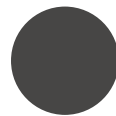
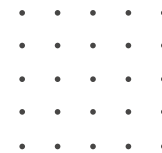
Physical health

Working memory

Empathy

Quality of life

Blood pressure



# Mindfulness

A trait or set of skills, such as being **non-reactive**, observing with **awareness**, acting with **awareness**, describing with **awareness**, and adopting a **non-judgmental** approach towards one's experience

Baer et al., 2008



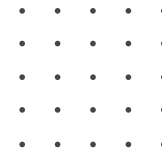
# Mindfulness



Paying attention, on purpose, in the present moment, non-judgmentally



John Kabat-Zinn



# Mindfulness

Mindfulness is a direct, intuitive knowing of what is going on from moment to moment, in the outside world and the inside world.

Mark Williams PhD



# Mindfulness

Mindfulness is the ability to know what's happening in your head at any given moment without getting carried away by it

Dan Harris



# ADHD & Mindfulness

ADHD is a self-regulation disorder.

Mindfulness is self-regulation training.

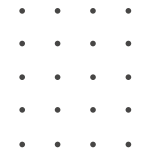


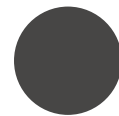
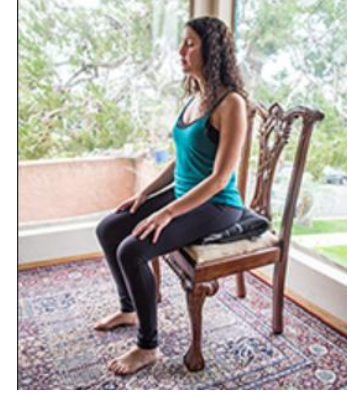
Lidia Zylowska



# Formal Mindfulness

- Sit quietly where you can be undisturbed
- Set aside an amount of time
- Guided or unguided
- Set an intention





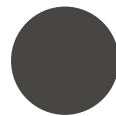
A circular logo with a double-line border. Inside the circle, the words "ADHD" and "THERAPY" are stacked vertically in a bold, distressed, sans-serif font. The logo is light gray and serves as a background for the text.

**Mindfulness of breath**



Mindfulness of breath

# 5 Minute Break



# General benefits of Mindfulness

Reduces depression

Enhances wellbeing

Inhibits over activity in the amygdala

Reduces the response in negative thinking

Improves memory

Pain management

Help build stronger relationships



A large, faint, circular logo in the background. It consists of two concentric circles. Inside the circles, the words "ADHD" and "THERAPY" are stacked vertically in a bold, distressed, sans-serif font. The text is light gray and semi-transparent.

# Informal Mindfulness

# Informal Mindfulness

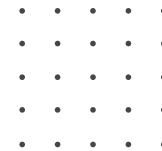
Doing any activity

Moving or sitting still

No need to set any time limit

Can be anything from 1 second long

Adopt the senses



# Informal Mindfulness





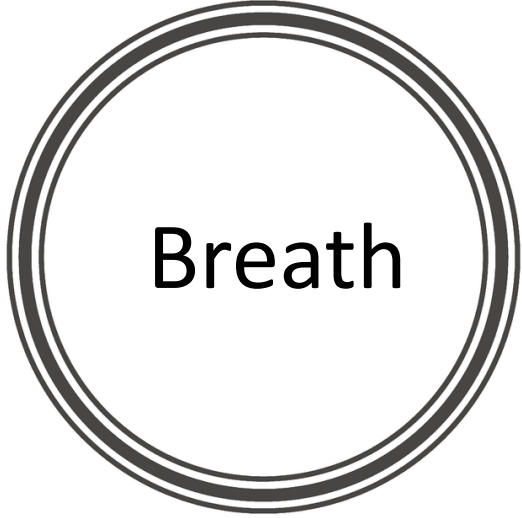
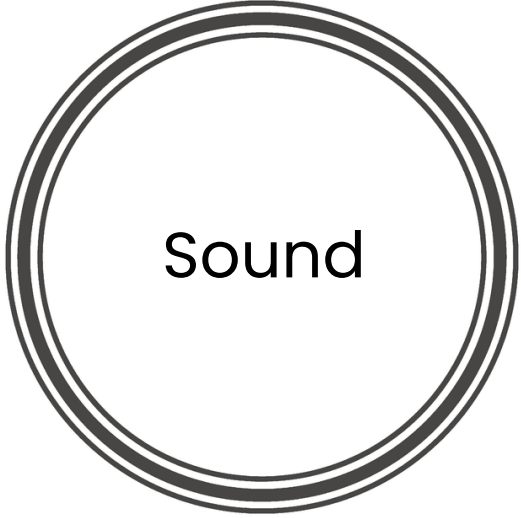
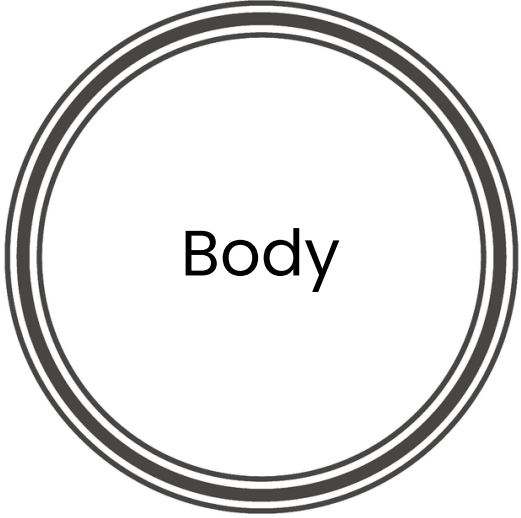
# Counting meditation



**ADHD  
THERAPY**

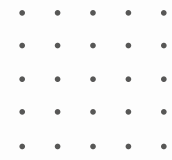


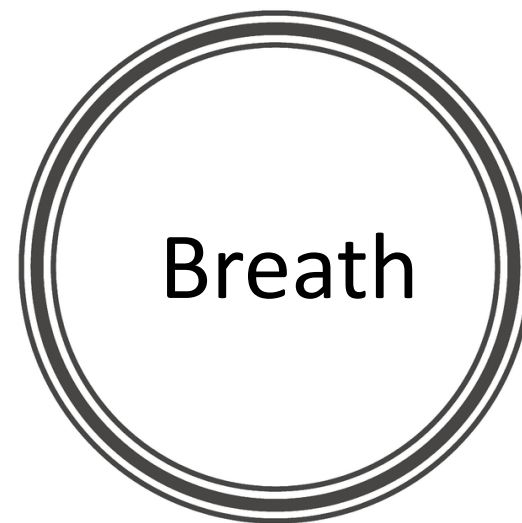
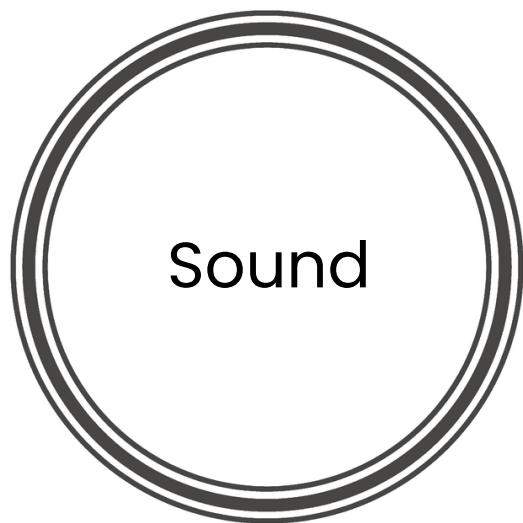
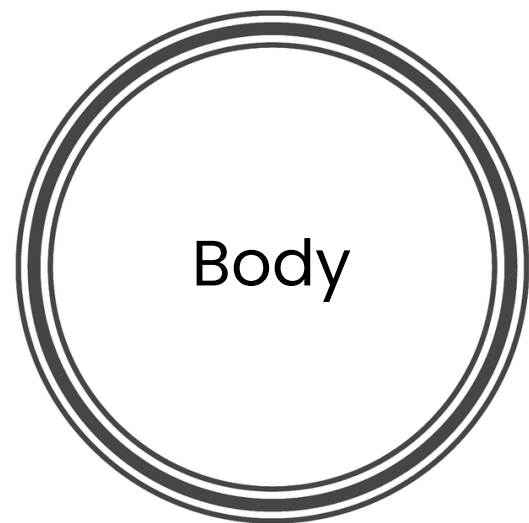
Counting meditation



Mindful awareness of body, sound and breath

ADHD  
THERAPY









Body



Sound



Breath

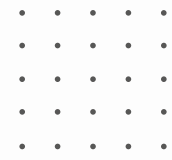


Body



Mindful awareness of body, sound and breath

ADHD  
THERAPY





Mindful awareness of body, sound and breath

Mindful awareness of music



A circular logo with a double-line border. Inside the circle, the words "ADHD" and "THERAPY" are written in a bold, distressed, sans-serif font, one above the other.

# Appreciation Meditation

# Mindfulness for ADHD



**10<sup>th</sup> February 2026**