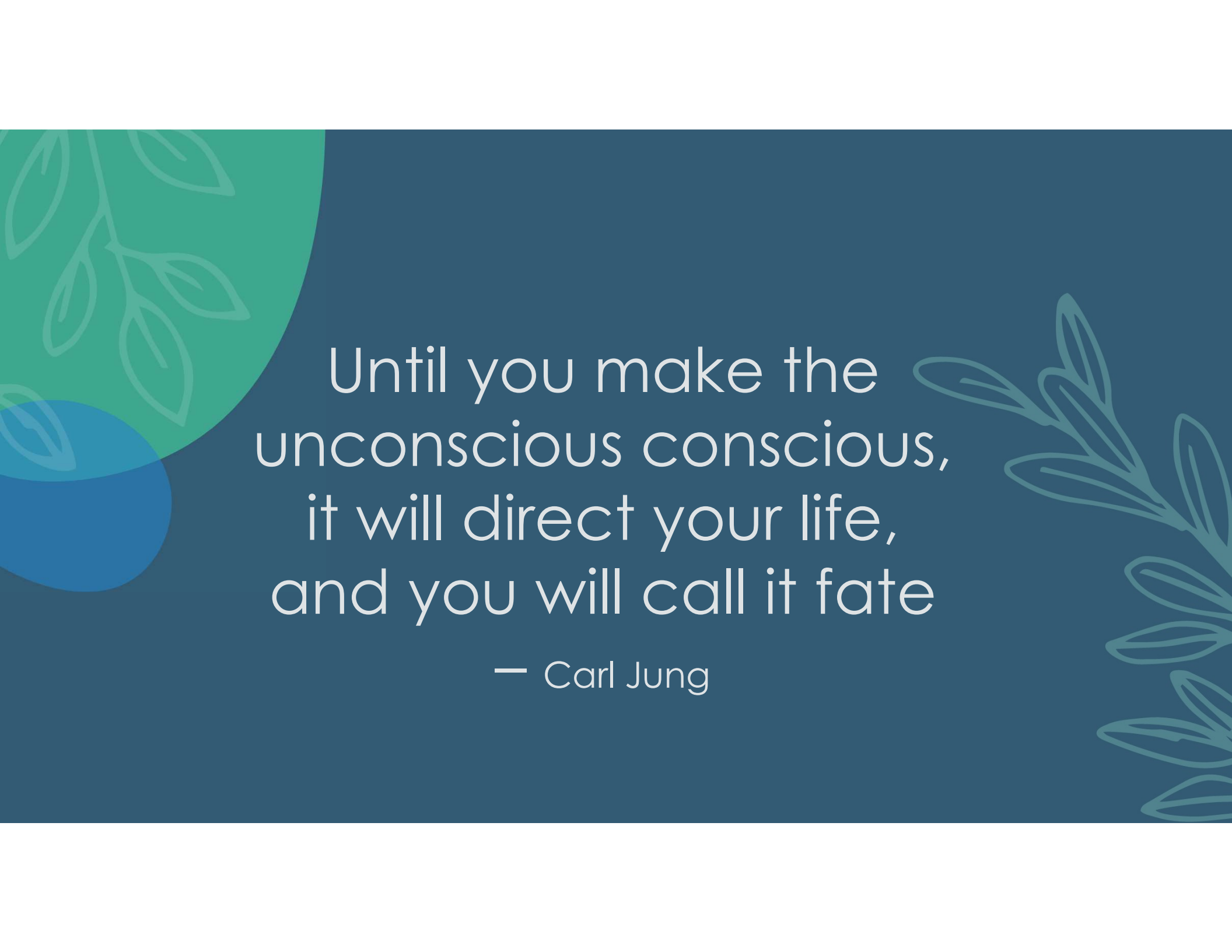




# Emotional Regulation: The Foundation in ADHD Care

Dana Crews, MA, ADHD-CE, MBSR, CALC



Until you make the  
unconscious conscious,  
it will direct your life,  
and you will call it fate

— Carl Jung

Dana Crews, MA, ADHD-CE, MBSR, CALC

- ▶ Certified ADHD Educator & ADHD Life Coach
- ▶ MA in Buddhist Studies with focus in Buddhist Psychology, Social Action, & Mindfulness Meditation.
- ▶ 20-year career in social work, behavioral health, & skills training
- ▶ Integrating contemplative practices into social work, behavioral health & skills training for over 20 years.
- ▶ Certified Trainer & Facilitator mindfulness-based stressed reduction



# Learning

- EMOTIONS
- EMOTIONAL REGULATION
- DEFICIENT EMOTIONAL SELF-REGULATION
- MIND TRAINING
- CONTEMPLATIVE PRACTICE

# Practice

- EMOTIONAL AWARENESS
- MINDFULNESS OF THOUGHTS
- SELF-COMPASSION

# Emotional Awareness Practice

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IDENTIFY EMOTION

1

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BODY SENSATION

2

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THOUGHTS

3

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# theories of emotion

## REACTION Model

- ▶ Classical View
  - ▶ Emotions **happen to you**

## PREDICTIONS Model

- ▶ Neuroscience Perspective
  - ▶ Emotions are **made by you**

# emotions...

- INFLUENCE MOTIVATION
- GUIDE BEHAVIOR
- REVEAL OUR NEEDS
- REPRESENT PERSONAL & CULTURAL VALUES
- SHAPE OUR DECISIONS
- HELP US NAVIGATE SOCIAL INTERACTIONS




# emotional regulation

- ▶ ability to recognize, manage & respond to emotions
- ▶ in line with personal goals & core values
- ▶ supports mental health, physical health & general well-being

# DESR

## DEFICIENT EMOTIONAL SELF-REGULATION

1. Self-Restraint
2. Self-Directed Speech
3. Planning & Problem Solving
4. Self-Motivation
5. Self-Sensing
- 6. Self-Awareness**



*awareness*  
guides  
*self-regulation*

# Mindfulness of Thoughts Practice

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imagine self as vast open sky  
1

---

mind as mirror like water  
2

---

observe thoughts cloud reflections  
3


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# mind training

- CBT - Cognitive Reappraisal
- DBT - Opposite Action
- ACT - Cognitive Diffusion

# mind training

- Mindful Awareness & Equanimity
- Second Arrow
- Compassion & Loving-Kindness



*awareness with  
kindness & compassion  
guides  
self-nurishment*

# contemplative practices

- practices focused on physical &/or psychological health & wellbeing

intentional deep breathing	body scan	meditation
self-reflection journaling	yoga	thi chi
chanting or prayer	gratitude	intentional movement
intentional time in nature	Loving-kindness practice	self-compassion



# Self-Compassion Practice

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NOTICE you're struggling  
1

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NORMALIZE the difficulty  
2

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CONSIDER what you'd say to a dear  
friend...offer yourself those same wishes  
3

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# Takeaways

- MANAGING LIFE & CARING FOR YOUR ADHD
  - Emotional Regulation
  - Mind Training
  - Contemplative Practices
- AWARENESS LEADS TO INTENTIONAL ACTION



thank you

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