

What's Going On in My Brain!?

Practical Neuroscience 101



Tim Hutchison, ACC, PCAC

Life Coach and Professional Organizer with
a concentration in ADHD.

Started Simplify with Tim in 2011.

From Charlotte, NC.

Father of one daughter who is 18 months
old and enjoying it.

simplifywithtim.com



Simplify
with Tim

Vivian V. Valentin, PhD

Neuroscientist and Mindfulness Teacher

Studied neuroplasticity of brain networks,
which are involved in ADHD

Co-founder (2019) & Executive Director of
Kind Mind Santa Barbara, California

Mother of two teenage girls with ADHD

kindmindsb.org



Summer Varde, ACC

20+ years as an Architect...with ADHD!

10+ years learning to live and work with that

Now a coach to other scattered creative professionals

Born in Hawaii, lived in Salt Lake City, Montgomery, AL, Las Vegas, Portland, OR & California

Loves to hoop dance, bike & hike, but doesn't do it often enough

scatteredcreatives.com

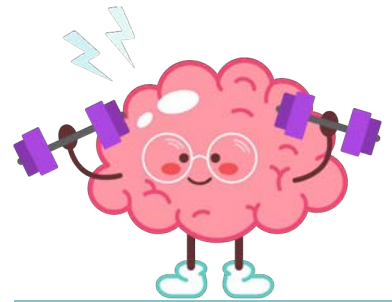


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creatives**

Learning / Attention → Neuroplasticity → Requires Dopamine

Natural ways to boost dopamine activity & neuroplasticity

1. **Enriched environments** - opportunities for
 - a. **Playful physical activities**
 - b. **Novelty** (exploring/learning something new)
 - c. **Creative activities and problem-solving**
 - d. **Positive social interactions**
2. **Healthy habits**
 - a. **Physical exercise** (outdoors and aerobic)
 - b. **Adequate and good quality sleep**
 - c. **Nutrient rich diet** (tyrosine-almond, antioxidant-berry, etc.)
 - d. **Sunlight** (Vitamin D aids DA production)
 - e. **Mindfulness meditation**
 - f. **Compassionate and positive** images, phrases, emotions, mindsets



Use it or lose it!

Ask your Questions

Follow the QR code to sign up for a free follow up session for attendees only. We are offering individual one on ones.

https://docs.google.com/forms/d/15tb-VvPF_gTUEG7wP2QOE6XGo9XrtxN4edAWHJMvoOY/edit

