

RESET YOUR FOCUS

3 PROVEN METHODS TO IMPROVE ADHD SYMPTOMS
EVEN IF YOU'VE TRIED EVERYTHING ELSE

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The year was 1998, and I was standing in a dimly lit room that smelled faintly of lavender, surrounded by people who spoke a language of energy I barely understood.

Craniosacral therapy classes felt like stepping into a world where the invisible became visible. But I was hooked, even if it felt like I was fumbling around in the dark. Years passed, and in the early 2000s, I found myself seated in another workshop, this time about Somatic Emotional Release. "Listen to your inner physician," the instructor urged.

It was a concept so ethereal it made my head spin. Like, really? My body could talk back? Fast forward to 2007. You know how sometimes you chase after one thing and find another? That's what happened when I joined the Institute of Integrative Nutrition, thinking I'd become a whiz at health coaching.

Instead, I stumbled upon the realization that people found changing habits almost impossible. "There must be more to this," I muttered, exasperated. Sketching a path to hypnosis, I embarked on an 11-day training in sunny California. Between sessions, an idea popped back into my mind—my old SER lessons. Could hypnosis and somatic work—like peanut butter and jelly—actually complement each other?

Then in 2021, life threw another curveball. Ever failed a test and thought, "What's wrong with me?" I was in that boat, having flunked a certification test three times. Fed up, I took an ADHD test. The results said I had ADD! "Well, that explains a lot," I laughed, puzzled but relieved. My ongoing PhD research soon became a quest—what could I learn about ADHD that could help others like me?

Browsing through ADHD online groups and feeling like I'd found my tribe, one pattern stood out—no one was connecting hands-on somatic work with ADHD. It was a gap screaming for attention, a gap I could fill.

And so, the technique was born. Picture combining the deep focus of hypnosis with the guided wisdom of somatic dialoguing. It's like your body speaks up to share its story, and you finally listen.

Now, what's life like today? Full of color and clarity. Mornings aren't a foggy mess anymore. Tasks get done, peace feels within reach.

And that's why I'm sharing this journey with you. Because if you're looking for a bit of calm in a world that feels chaotic, stick around. The next steps could be just what you need.

GET IN THE ZONE:

BOOST YOUR FOCUS IN JUST A MINUTE

Before you dive into any task, set the stage for success by calming your mind. Tension can really mess with your focus and memory. Want to get more done in less time? Start each task, assignment, or project with a calm and open mind.

Here's a simple way to do it:

- 1 Place your right hand over your heart and hold it gently.
- 2 Put your left hand on the back of your head, like you're supporting it.
- 3 Close your eyes and breathe deeply:
 - Inhale for five counts, hold for five counts, and exhale for ten counts. Do this three times.
- 4 Open your eyes slowly, feeling calmer and ready to focus.

This exercise relaxes your mind and body, changing your brain wave patterns so you can slow down, focus better, and get more done.

Think about a busy highway at rush hour—cars swarming, horns blaring, and chaos everywhere. That's what a stressed mind feels like. But, imagine installing a set of traffic lights, calmly directing the flow, easing congestion, and bringing order. Our mind does better when guided and soothed, much like those traffic lights.

The key takeaway is simple: Calm first, focus follows. Let this be your go-to mantra.

Here's a story about a law student cramming for the bar exam. His mind was like that high-speed highway—constant chaos, unable to retain anything. What others did in two hours took him days. I taught him this quick exercise, which he used anytime he sat down to study. Some days it was a couple of times, other days ten or twelve times. Since it only takes about a minute, it was easy to fit in.

Within two weeks, he outpaced his previous study sessions, found his workload more manageable, and said goodbye to test jitters. Now that's a win!

Remember, by first calming your mind, you can focus more easily and achieve your goals. Make this practice a part of your daily routine, and you'll see the difference it brings to your life.

TAP INTO PEACE: HOW TAPPING CAN CALM YOUR ADHD MIND



When you're feeling overwhelmed or about to tackle a big task, tapping can help you find calm amidst the chaos. Known as EFT (Emotional Freedom Technique) or TFT (Thought Field Therapy), this method is great for calming and focusing a scattered mind.

Here's how to do it:

Tap on these four areas, spending about ten seconds on each (that's around 12-20 taps), while breathing slowly and saying, "I am calm, I am relaxed, I am in control":

- 1 Forehead
- 2 Next to the eye
- 3 Under the eye (above the cheekbone)
- 4 On the collarbone

After tapping, close your eyes, picture a peaceful place for about 30 seconds, take a deep breath, and then open your eyes. This routine helps to calm your mind, reduce stress, and regain focus.

Think of tapping like unclogging a mental bottleneck. You know how a jammed ketchup bottle needs a few good taps to finally get the sauce flowing smoothly? Our minds can feel stuck in the same way, and tapping helps get everything moving again.

Remember this: Tap to unlock your calm.

Here's a tale about my friend Dave, a real estate attorney who epitomized ADHD. He was always misplacing things, rushing frantically, trying to juggle too many tasks. He came to me for help, calling himself a scatterbrained mess.

I introduced him to tapping. During the first few days, he set phone alarms to remind him to do it three times a day. After just two weeks, it became a part of his routine he actually looked forward to.

The results? His mind slowed down, and he even slept better. His family and coworkers noticed a change. Gone was the headless chicken routine, replaced by a calmer, more collected Dave.

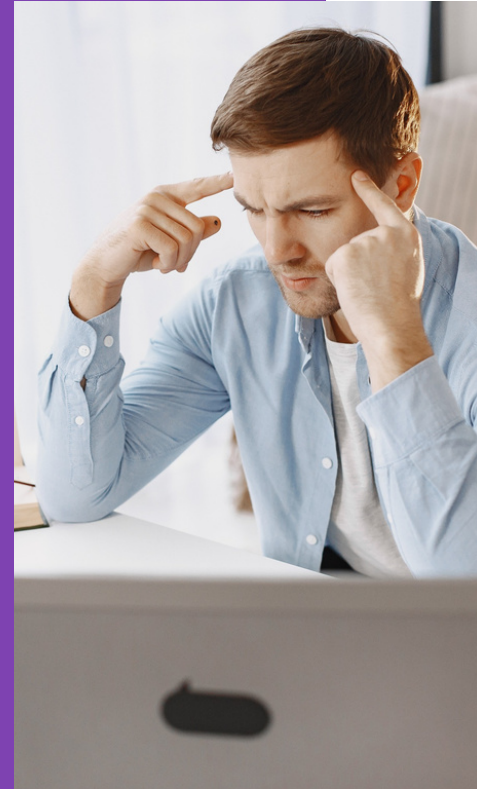
Tapping can be a simple, go-to trick for those moments when life feels overwhelming. Remember, with a few taps, you can regain that sense of calm and control any time you need it.



FOCUS BOOST: MASTERING YOUR DAY WITH THE POMODORO TECHNIQUE

The Pomodoro Technique is a classic but often overlooked strategy, perfect for boosting focus. Here's how it works:

We all have something called ultradian rhythms—our natural focus cycles. People without ADHD can concentrate for up to 45 minutes before their attention wanders. For those with ADHD, it's more like 10-15 minutes. To improve your focus, use a timer to train your brain. Set it for 15 minutes, put on some gentle music, and focus on just one task until the timer rings. Afterward, take a five-minute break—it's crucial, even if you feel you don't need it. Then repeat with another focused 15-minute burst.



Think of it like climbing a mountain. If you look at the entire mountain, it's overwhelming, right? You might think of giving up before you even start. But if you focus on one step at a time, suddenly the task feels manageable. You find a steady rhythm, taking it one step at a time, and before you know it, you're halfway up.

The takeaway? Small steps lead to big accomplishments.

Meet Jim, a PhD student staring down the daunting task of writing his dissertation. He was overwhelmed, paralyzed by self-doubt and imposter syndrome. The mountain was steep, and he couldn't see the trail. Sleeping seemed like a luxury he couldn't afford. Jim and I worked together to reframe his approach. By breaking down his project into smaller chunks with the Pomodoro Technique, things changed. He used his timer to guide short bursts of focused work. As he chipped away at each 15-minute segment, the project felt more manageable, less intimidating.

With time, Jim found himself not just progressing with his work but feeling more present and confident. His nights were no longer restless, and his struggles turned into a series of small victories.

Remember, whether it's a big project or a daily task, the Pomodoro Technique can help you manage the overwhelm. Focus on what's in front of you, one bite-sized piece at a time, and watch as things become less of a mountain and more of a series of manageable hills.

WHERE DO WE GO FROM HERE?

Thank you for delving into this guide and exploring how you can steer your ADHD toward a path of focus and clarity. If you want to tackle your ADHD challenges and boost your everyday performance, consider signing up for a Mental Mapping Session.

In this session, you'll receive a customized plan to better organize your thoughts, making life easier and setting you on a course for more efficiency and high-level functioning.

And the best part? You'll discover firsthand how hypnosis and somatic therapy can address various facets of ADHD. You'll leave with clear insights on simplifying your life and tasks, making everything seem less of a burden.

Ready to take the next step toward clarity and focus? Let's map out your path!



FINAL THOUGHTS

I remember standing in the crowded hall of a hypnosis convention, surrounded by enthusiastic chatter and the soft rustling of pamphlets. My eyes landed on a beautiful Native American flute, displayed on a vendor's table. Its smooth, polished wood glistened under the harsh conference lights. I felt this pull towards it, like it was calling my name. Despite the price tag making me gulp, I decided to put it on a payment plan and even signed up for lessons from the seller. It felt risky—something I never imagined I'd do.

Learning to play the flute was awkward at first—my fingers fumbled over the holes, struggling to hit the right notes. But with each session, I began to notice a change. As I played, the rich, soulful notes not only calmed my restless mind but also drew people in. It was as if the music had a way of weaving an invisible thread between me and the listeners, connecting us all.

"Wow, that's beautiful," a friend once said, lounging on my couch, eyes closed to the melody I played. "I could listen to that all day."

Taking action and embracing the unknown led me to a place of peace and connection I never would have experienced otherwise. It was tempting to walk away at that convention, avoiding the expense and potential embarrassment of learning something new. But taking that step gave me a reward—a newfound harmony that spilled over into other parts of my life.

Just like that moment at the convention, you have a chance to take action today with a Mental Mapping Session. It could be the key to helping you organize your thoughts and simplify your tasks, offering you a sense of calm and control akin to what I found. Even if you choose not to go that route, I urge you to take some step forward, no matter how small, just like I did with that flute.

Sign up for the Mental Mapping Session, unlock new ways to tackle ADHD, and watch how it can transform not just your focus but your life. And remember, even if it's not with me, make that decision to act. You'll thank yourself for it.





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The universe can be characterized as a combination of physical and spiritual worlds. For Tim Lisbon of Nova Alternative Wellness, this is the Yin and Yang. His unique style of therapy allows the Yin of the physical world to meet and find balance with the Yang of spiritual relaxation and healing.

Tim Lisbon has provided massage and craniosacral therapies since 1991 and 1998, respectively. A 2nd-degree black belt in Classical Jujitsu, Tim was encouraged to pursue the study of massage by his martial arts instructor. His passion for healing led him on a path rich with exploration and research into the unique ways of the body and mind. In 1993, Tim was in one of the initial groups to receive National Certification in Massage Therapy. Additionally, he was certified as a Chiropractic Assistant for the state of Maryland. For the next ten years, he continued to practice the healing arts as a part-time therapist. During that time, he also achieved his bachelor's degree in health care administration from Columbia Union College. Tim also holds an MS in Information Technology and an MBA in Healthcare Administration. He is working on his Ph.D. in Mind-Body Medicine with a specialty in Mindful Leadership in Healthcare from Saybrook University.

In 1998, Tim added to his list of modalities CranioSacral Therapy. CranioSacral Therapy is a physiological process that requires only the lightest touch of the therapist. It focuses on the natural healing powers within the communication pathways of the spine and the mind. CranioSacral Therapy has been used to improve the body's resistance to diseases, including but not limited to autism, migraine headaches, chronic fatigue, and chronic back and neck pain. Tim received his training from the Upledger Institute, the founder of which John E. Upledger pioneered and developed the process.

In 2008 Tim had the opportunity and privilege to attend Sylvia Browne's Hypnosis Center with Melissa. They spent 11 fabulous days in training. As a result, Tim is now certified by the National Guild of Hypnotists. Tim loves to use hypnosis to help people reach their full potential.

Tim's practical experience in the physical world of modern-day America and his natural gifts and talents as a therapist provides a unique experience for all his clients. He understands the Yin and can quickly offer the Yang to balance, center, and heal those who visit NOVA Alternative Wellness.