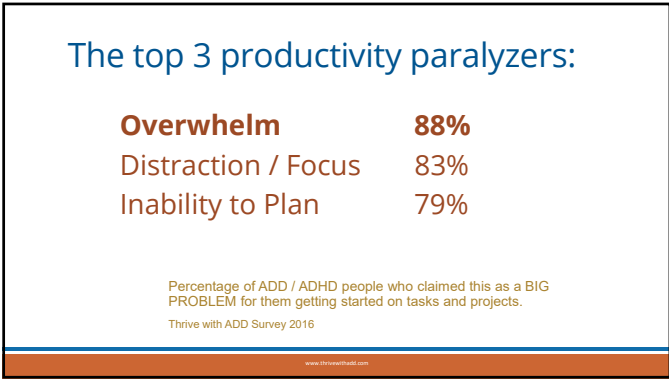




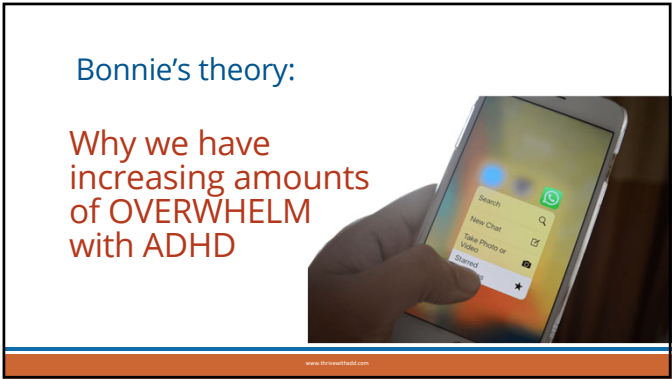
1



2



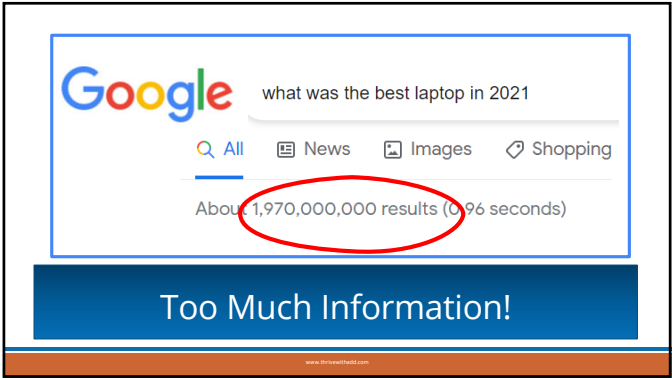
3



4



5



6

ADHD & Overwhelm:  
What's the Real Story

More technology learning curves & roadblocks



Windows 10  
BUILD 14342



**ATTENTION!**  
You must upgrade  
to latest version  
by deadline!

7


Device  
Distraction

+

Information  
Overload

+

Tech Updates  
& Roadblocks



8

Device  
Distraction


+

Information  
Overload

+

Tech Updates  
& Roadblocks

Less Time  
to Get Your  
Stuff Done



Poor Time  
Management

9

Device  
Distraction


+

Information  
Overload

+


Tech Updates  
& Roadblocks

Less Time  
to Get Your  
Stuff Done



Poor Time  
Management

OVERWHELM!



10

OVERWHELM!



Distraction

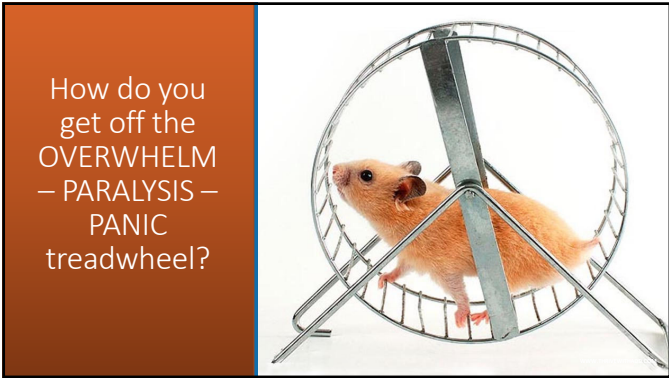
Poor Time  
Management

11



It becomes a  
treadwheel of  
overwhelmed  
panic and  
paralysis

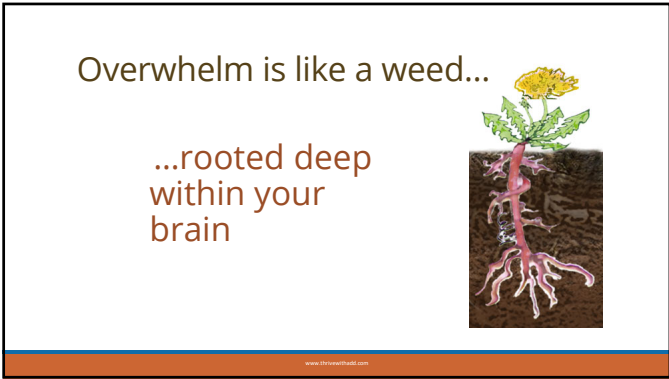
12



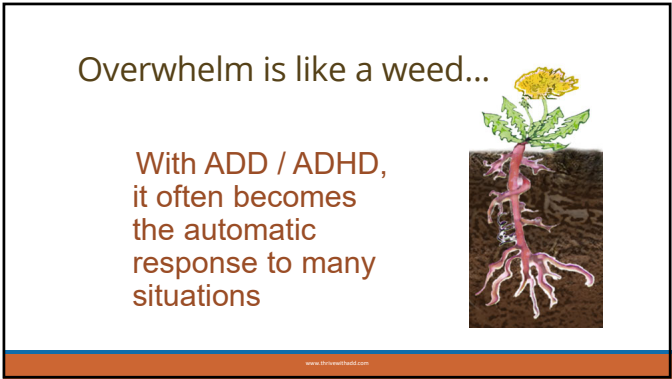
13



14



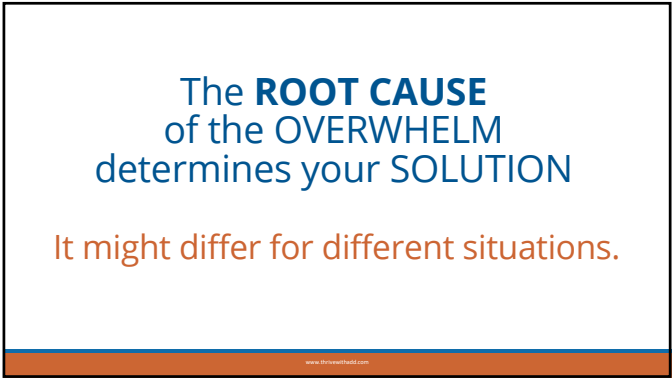
15



16




17



18

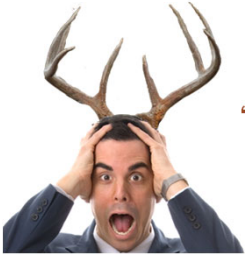
Identify the TRIGGER

The **ROOT** of your overwhelm may be below the surface



19

IDENTIFY YOUR TRIGGER



The **MOMENT** you get that **“deer in the headlights”** feeling and your brain shuts down

20

IDENTIFY YOUR TRIGGER

What sets off that feeling of overwhelm?

- a particular task
- background context
- the situation

21

What does **“Overwhelmed”** really mean?

22

**TOO MUCH!**

More coming at you than your brain can handle.

TOO MUCH to DO

TOO MUCH INFORMATION



23


Is it **REALLY** too much...  
or a False **PERCEPTION**?

Is Overwhelm your brain's automatic default reaction to other conditions?

24

Is it **REALLY** too much...  
or a False PERCEPTION?

Is your brain  
tricking you?



www.thrivewithadd.com

25

Is it **REALLY** too much...  
or a False PERCEPTION?

Find out with  
**MIND-MAPPING**

www.thrivewithadd.com

26

Hit 2 birds with one  
stone:

**MIND MAPPING**



1. Shows how much you *really* have to do
2. Helps you plan quickly

www.thrivewithadd.com

27


**MIND MAPPING**

Write out your projects and tasks  
in a visually organized way

- Example: Personal and professional obligations this week

www.thrivewithadd.com

28



www.thrivewithadd.com

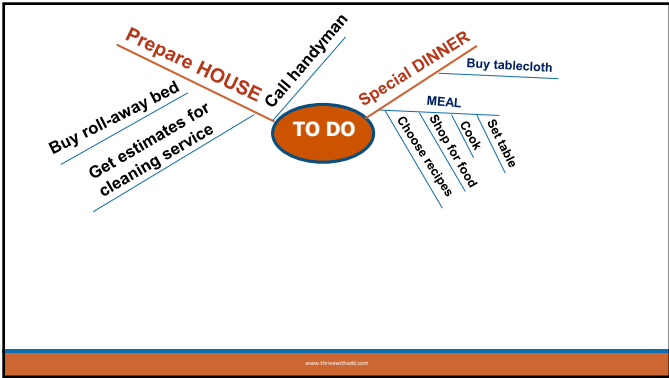
29



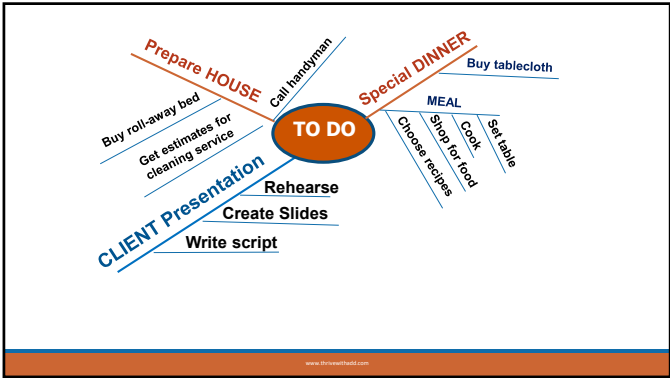
www.thrivewithadd.com

30

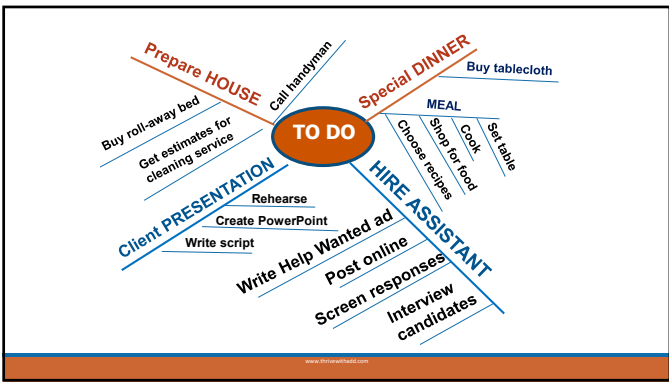
# ADHD & Overwhelm: What's the Real Story



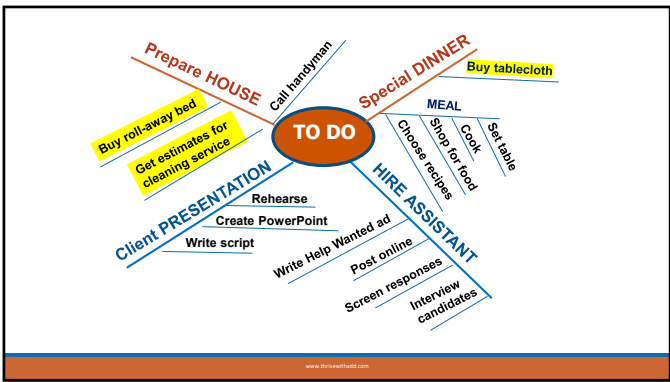
31



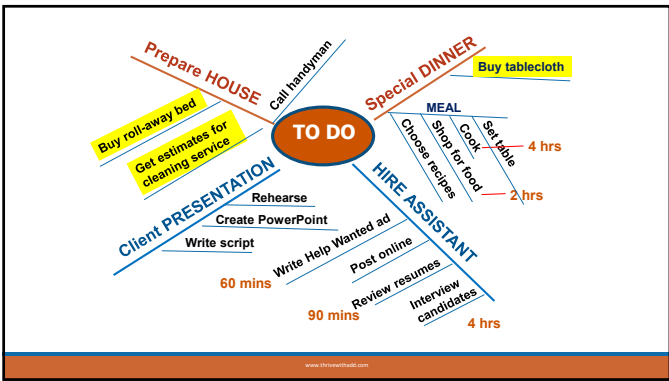
32



33



34



35

The MOMENT of TRUTH...

Enter each task into your calendar or planner

36



# ADHD & Overwhelm: What's the Real Story

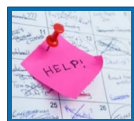


37



38

## Over-Commitment SOLUTIONS



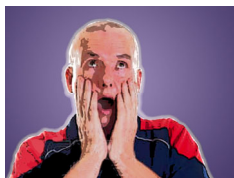
Develop a realistic sense of time

Use your calendar for everything

Learn to say "NO"

39

## OVERWHELM PERCEPTION



What brings on  
that *feeling* of  
"too much"

40

## Consider the trigger...

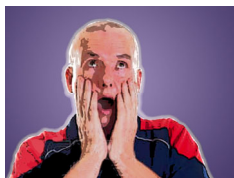


Was overwhelm your  
**FIRST** reaction to a  
task or project?

**PRIMARY OVERWHELM**

41

## Consider the trigger...



Or...  
Was it a secondary  
reaction to another  
feeling that came first?

**SECONDARY OVERWHELM**

42

PRIMARY OVERWHELM

Something told your brain  
there was  
too much to process...

*(even though that may not be true!)*

43

WHY would your brain  
believe there's too much  
when it isn't true?

MODALITIES

www.thrivewithadd.com

44

MODALITIES

How you take in information:

- SEEING
- HEARING
- MOVEMENT



45

Working in the wrong modality?



You  
can't  
PROCESS!

www.thrivewithadd.com

46

MODALITIES



WEAK MODALITY



INSTANT  
OVERWHELM!

www.thrivewithadd.com

47

My Instant Overwhelm

It's simple,  
click on this, select that,  
open the menu....

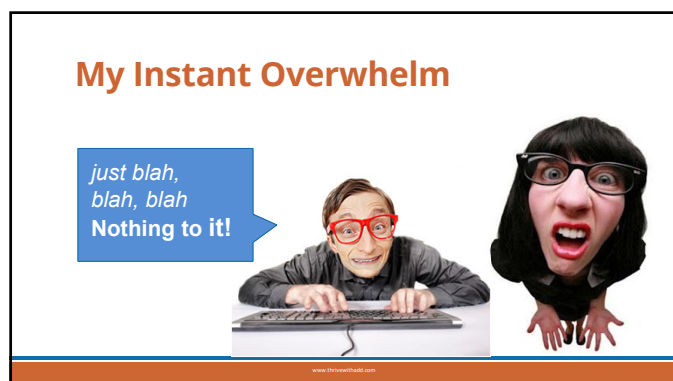


www.thrivewithadd.com

48



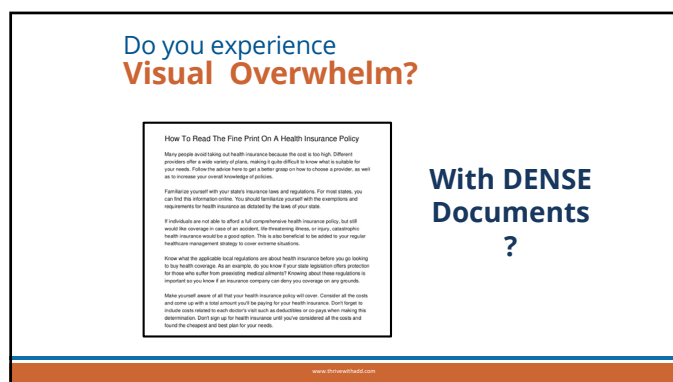
# ADHD & Overwhelm: What's the Real Story



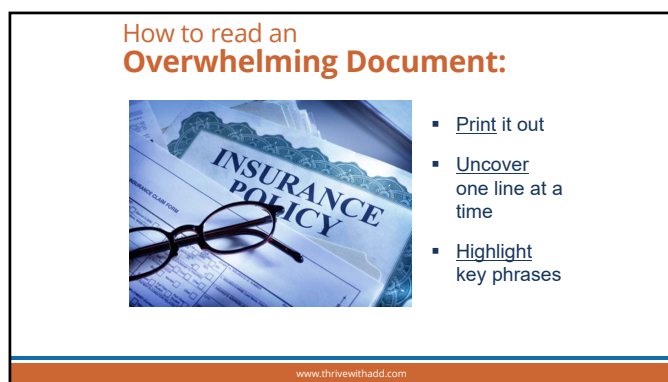
49



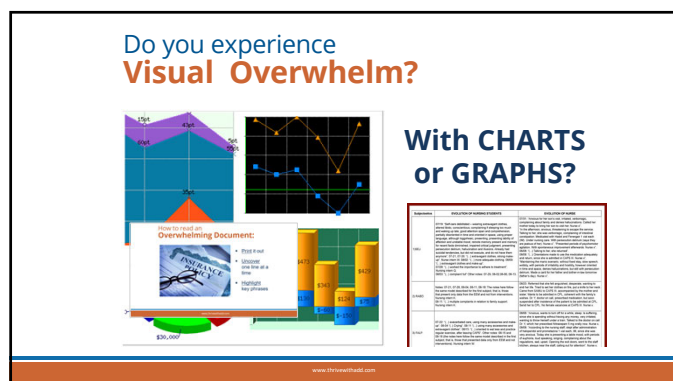
50



51



52



53



54

**Kinesthetic Modality**  
Uses Hands-On or Movement



55

Another kind of  
perceptual overwhelm:  
**ALL or NOTHING**  
Thinking

56

**ALL or NOTHING Thinking**



*"I can't start  
this enormous project  
until I have a  
big enough block of time  
to do ALL of it."*

57

**ALL or NOTHING Thinking**



Turn mountains into molehills

58

**PRIMARY OVERWHELM:**

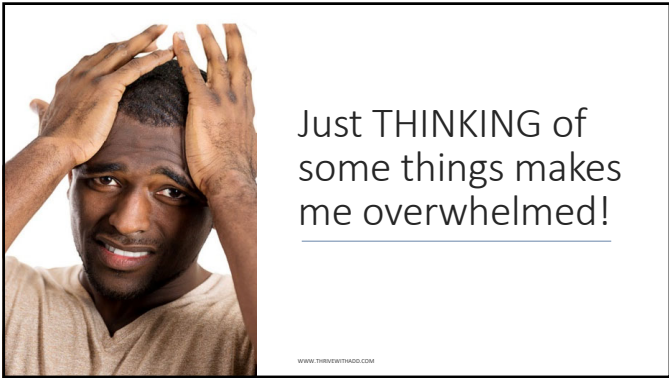
- Over-Commitment
- Wrong Modality
- All-or-Nothing Thinking

59

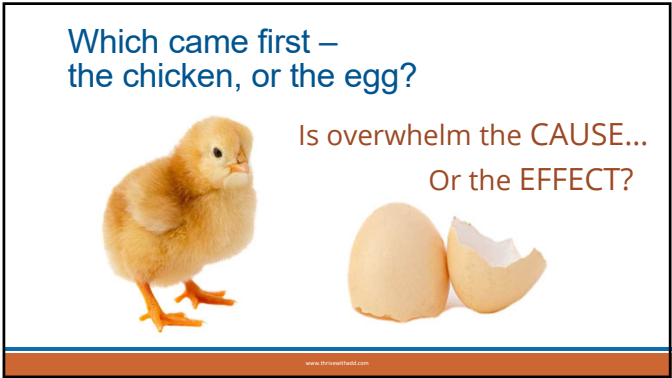
**SECONDARY OVERWHELM**

When Overwhelm is not your  
FIRST reaction...  
but a reaction to another  
feeling.

60



61



62



63



64



65



66

What triggered it...



DISORGANIZATION

- Can't find things
- Don't know how to organize
- Can't remember what you're supposed to do on project
- Forgot appointment or deadline

www.thrivewithadd.com

67

Bucket of Overwhelm Caused by:

DISORGANIZATION Panic

- Not using calendar
- Not taking notes
- Not having a system where you put things



www.thrivewithadd.com

68

Buckets of Overwhelm Causes

DISORGANIZATION Panic



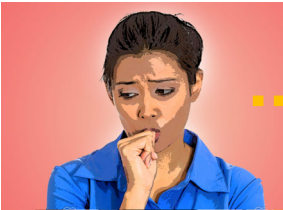
SOLUTIONS:

- Learn organization skills
- Create organized habits

www.thrivewithadd.com

69

Helplessness  
when you don't know something



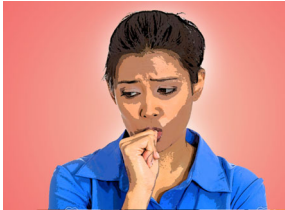
SECONDARY OVERWHELM



www.thrivewithadd.com

70

Helplessness  
when you don't know the answers



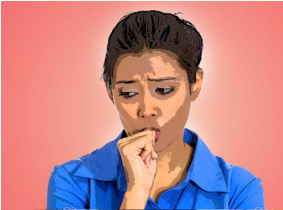
AMBIGUITY

- Unclear direction
- Don't know steps to take
- Uncertain about information
- Unsure where to get help

www.thrivewithadd.com

71

Helplessness  
when you don't know the answers



AMBIGUITY

- Don't know how to DECIDE

www.thrivewithadd.com

72


Are you reluctant to ask questions?

Do you assume that will make you look weak?



73

Helplessness is often a matter of perception




In an **AMBIGUOUS** situation....

What would Steady Eddie do?

74

Bucket of Overwhelm Caused by:

**PERCEPTION Paralysis**




**ASSUMPTIONS:**

- Must finish it all in one session
- Must have answers before starting
- Asking questions makes me look weak

75

Bucket of Overwhelm Caused by:

**PERCEPTION Paralysis**



**SOLUTION:**

Identify your perceptions  
Challenge your assumptions  
Manage your MINDSET

76

**PERCEPTION Paralysis**

<b>Open Mindset:</b>	<b>Closed Mindset:</b>
Learning anything is valuable, even learning from my mistakes.	I can't let anyone find out that I don't already know everything, I can't risk making a mistake.

77

A BIG BUCKET of PROBLEMS



78

A BIG BUCKET of PROBLEMS

**Inability to Plan**  
realistically



79

SKILLS required for **PLANNING**

- Break down the steps
- Create a timetable
- Determine dependencies and sequence
- Anticipate important details



80

SKILLS required for **PLANNING**

- Track the status of all those moving parts!



81

But wait, there's MORE...

To have your plans work out:

- Set priorities
- Make decisions
- Say "NO" when necessary



82

Bucket of Overwhelm Caused by:

**INABILITY to PLAN**



**SOLUTION:**  
Learn the skills of planning

83

Learning to PLAN requires **TRAINING**

Not wishing,  
hoping or  
trying harder!

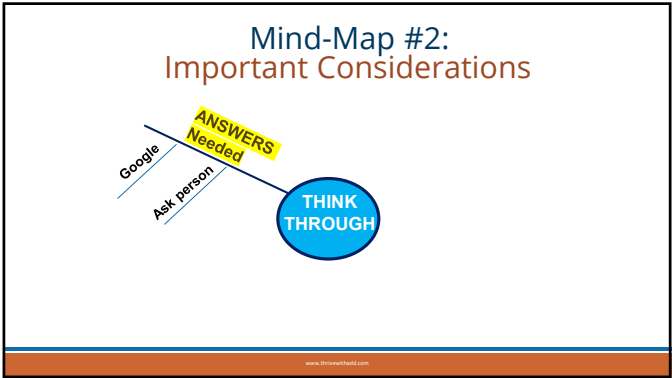


84

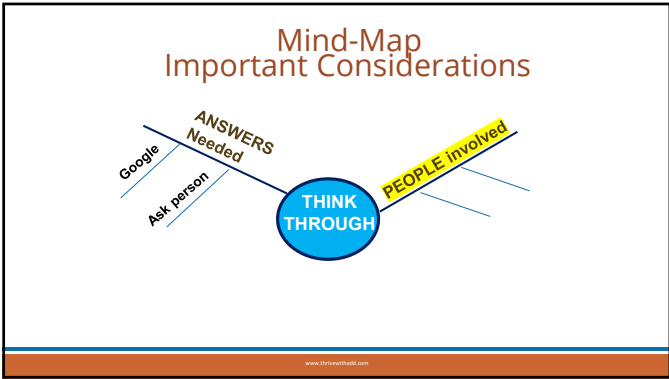




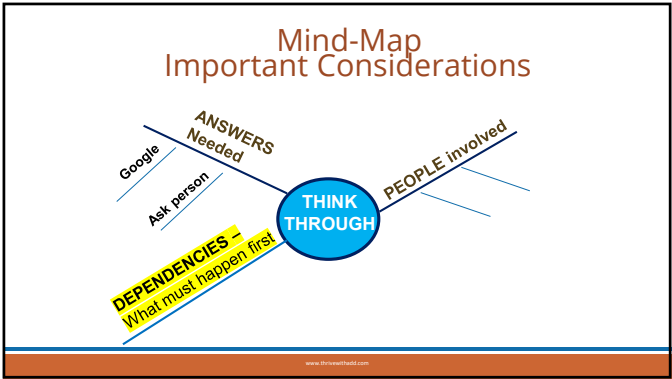
85



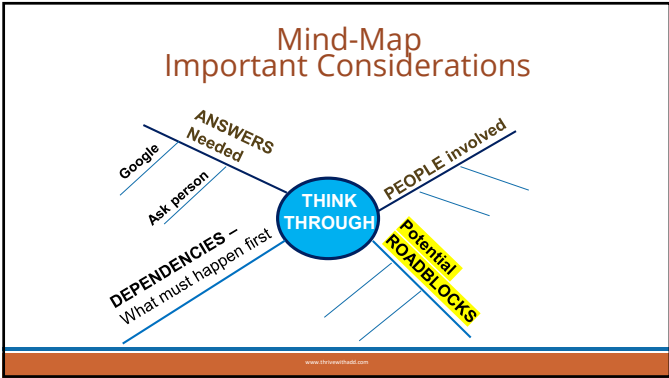
86



87



88



89

Bucket of Overwhelm Caused by:

SHAME-BASED "Shoulda's"

- I should know this
- I should be faster
- I should have started sooner


A blue bucket with a handle, representing the 'Bucket of Overwhelm'.

90

# ADHD & Overwhelm: What's the Real Story

**Toxic Shame**  
stopping you from doing anything at all

Is it  
**OVERWHELM?**




www.thrivewithadd.com

91

**Toxic Shame**  
stopping you from doing anything at all

**NOT  
OVERWHELM**




www.thrivewithadd.com

92

*So many possibilities...*

**HOW do I  
STOP  
ALL of my  
Overwhelm?**



www.thrivewithadd.com

93

**Track your overwhelm  
episodes**



www.thrivewithadd.com

94

**KEEP TRACK:**  
What made you feel overwhelmed ...

...when your brain froze up  
and you couldn't start or  
think straight?

www.thrivewithadd.com

95

Ask yourself :  
**What triggered this feeling?**

If **PRIMARY OVERWHELM:**

- Too much to do?
- Task or situation?
- Modality-related?

www.thrivewithadd.com

96

# ADHD & Overwhelm: What's the Real Story

Ask yourself :  
**What's the root cause?**

What is the real challenge that brought on the overwhelmed feeling?

- Disorganization?
- Perception or assumption?
- Executive functioning / skill?

97

Choose the solution bucket that will help your overwhelm:



98

Which bucket do YOU fall into?



99

**OVERWHELM** What set it off?

- Helplessness?
- Disorganization?
- Poor time sense & over-commitment?
- Inability to break down projects?
- Sudden panic of deadline?

100

The challenges you experience are  
**SURFACE SYMPTOMS**

The **CAUSES** are different  
for each person

101

A few things I know for sure...

- To reach a lasting solution, you must understand the **ROOT CAUSE** of the **PROBLEM**

102

## A few things I know for sure...

- ■ You won't solve the problem by passively taking in INFORMATION

103

## A few things I know for sure...

- ■ ■ To grow and improve you must CONSCIOUSLY PRACTICE what you learn

104

You need knowledge and "How To" answers for your **BRAIN** to understand...

as well as

**customized solutions** that work with your nature, personality and mindset



105

## **You need CONFIDENCE**

that both **your brain** and **your mind** are working towards achieving your goals...



(or at least not getting in your way!)

106

## RECAP about OVERWHELM

**Life IS more overwhelming than it used to be**

### **Possible causes of Primary Overwhelm:**

- Over-commitment (too much to do!)
- Working in the wrong modality for you
- Your perceptions or assumptions

107

## RECAP about OVERWHELM

### **Possible causes of Secondary Overwhelm:**

- You're primarily paralyzed due to feeling helpless, fearful or ashamed
- You don't have certain executive functioning skills necessary to do what you need to do

108

# ADHD & Overwhelm: What's the Real Story

What will you do?

Take what you learned

...Hope it changes things



109

What will you do?

Gain **CONFIDENCE** that you've  
**mastered overwhelm**  
and other challenges  
that paralyze you  
from getting started

110

**CONFIDENCE**  
comes with  
**SELF MASTERY**

How do you achieve that  
with ADD /ADHD?

111

PRODUCTIVITY  
**JUMPSTART**

LEAP FORWARD INTO ADHD SELF-MASTERY

[thrivewithadd.com/jump](http://thrivewithadd.com/jump)

© Bonnie Mincu, Thrive with ADD

112

**PRODUCTIVITY JUMPSTART**

In just 5 weeks, learn customized strategies  
to pull out of whatever keeps you  
overwhelmed and paralyzed

- Live online lessons
- Practice suggestions for real life
- Q&A, feedback and "laser coaching"

113

**PRODUCTIVITY JUMPSTART**

**TAILORED TRAINING:**

Lessons developed to give you  
insight about yourself  
as you learn new strategies

114

PRODUCTIVITY JUMPSTART

As you learn,  
**SELF-INSIGHT** allows you  
to **coach yourself** and  
choose the right **SOLUTIONS**



115

TAILORED TRAINING:

New lesson every week

Learn the way YOU prefer....

[thrivewithadd.com/jump](http://thrivewithadd.com/jump)

116


Learn in live webinars...

Simple Procrastination

When you "just don't feel like it"

117

NOTES, AUDIO and RESOURCES  
to download



INTENTIONS & PATTERNS

VIDEO 1  
What Derails You Most Often?


PROCASTINATION

Can't Get Started?


MENTAL PARALYSIS

118

THOUGHT QUESTIONS



PRACTICE SUGGESTIONS  
for real-life  
application



119

The 5 Modules of  
PRODUCTIVITY JUMPSTART

[thrivewithadd.com/jump](http://thrivewithadd.com/jump)

120



BONUS for signing up  
during this webinar:

60 MINUTES PRIVATE COACHING

121

Week 1

IDENTIFY YOUR ROADBLOCKS

122

Week 1

IDENTIFY YOUR ROADBLOCKS

Uncover your patterns and learn what's  
really stopping you again and again

- Distinguish “**procrastination**” from the many  
different forms of **mental paralysis**
- Use a simple technique to get at the **root cause** of the  
problem, so you can go directly for the **right** solutions

[thrivewithadd.com/jump](http://thrivewithadd.com/jump)

123

Week 1

IDENTIFY YOUR ROADBLOCKS

As a result, you'll be able to create strategic  
daily Intentions for productivity that are likely  
to succeed.

[thrivewithadd.com/jump](http://thrivewithadd.com/jump)

124

Week 2

PROCRASTINATION & HABITS

125

Week 2

FORM HABITS with RITUALS

Move beyond motivation

- End the need to feel motivated to do everyday tasks  
with adrenaline-inducing “tricks”
- Develop rituals to **create habits that  
you can perform automatically**

[thrivewithadd.com/jump](http://thrivewithadd.com/jump)



126

Week 2

FORM HABITS with RITUALS

With the means for form automatic habits, you won't be at the mercy of your focus mechanism to perform everyday tasks of basic life and maintenance.

[thrivewithadd.com/jump](http://thrivewithadd.com/jump)

127

Week 3

OVERCOME OVERWHELM

128

Week 3

OVERCOME OVERWHELM

Defuse your overwhelm triggers

- Create strategies to counter-act your own overwhelm
- Work effectively with your strong modalities
- End the over-commitment cycle

[thrivewithadd.com/jump](http://thrivewithadd.com/jump)

129

Week 3

OVERCOME OVERWHELM

When you can come to sense an overwhelm trigger the moment it happens...  
or anticipate it before it happens  
-- and know how to deal with it --  
you've overcome a major obstacle to getting started.

[thrivewithadd.com/jump](http://thrivewithadd.com/jump)

130

Week 4

BREAK DOWN COMPLEXITY

131

Week 4

BREAK DOWN COMPLEXITY

Zap mountains into molehills

- Break large complex projects down into action steps
- Categorize steps into buckets for efficiency
- Learn mind-mapping for thinking, planning & writing

[thrivewithadd.com/jump](http://thrivewithadd.com/jump)

132

Week 4

BREAK DOWN COMPLEXITY

Projects that used to be daunting, and that you may have automatically put off doing, and were a source of stressful avoidance...  
  
are now easy to plan and break down.

[thrivewithadd.com/jump](http://thrivewithadd.com/jump)

133

Week 5

CLARIFY THE UNCLEAR

134

Week 5

CLARIFY the UNCLEAR

**End ambiguity and decide with confidence**

- End the **paralysis of unknown factors**, with techniques to take action
- **Make decisions with confidence** without agonizing and falling into a pit of uncertainty

[thrivewithadd.com/jump](http://thrivewithadd.com/jump)

135

Week 5

CLARIFY the UNCLEAR

You won't fall prey to the helpless paralysis of ambiguity that feels so much like overwhelm... caused by unanswered questions, unclear direction and not knowing what to do...

You'll make confident decisions, affecting everyday prioritizing and major life choices!

[thrivewithadd.com/jump](http://thrivewithadd.com/jump)

136


**\*\*Fast-Action BONUS  
for the new year...**

SIGN UP DURING THIS WEBINAR  
AND GET A LESSON ON ORGANIZING  
RIGHT AWAY

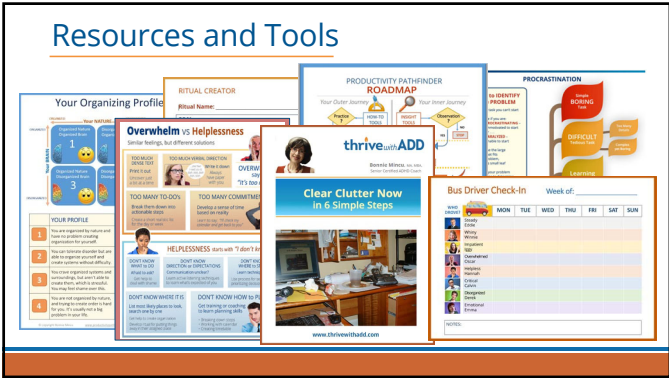
137

Live Webinar Training

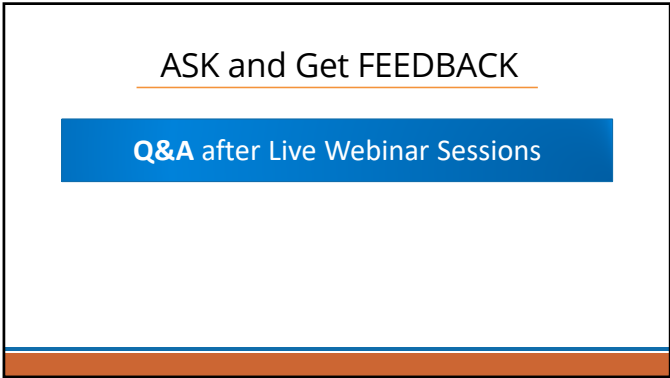
- Recorded replay for your convenience



138



139



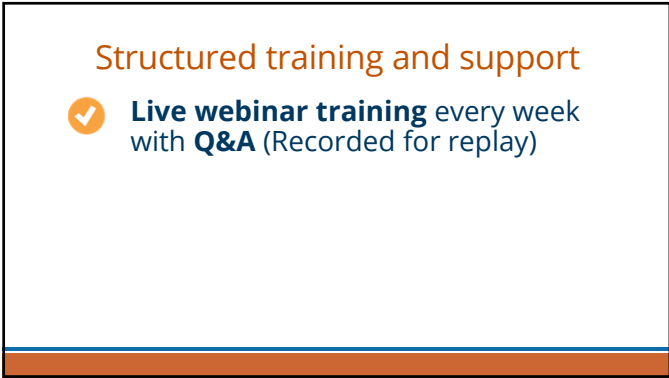
140



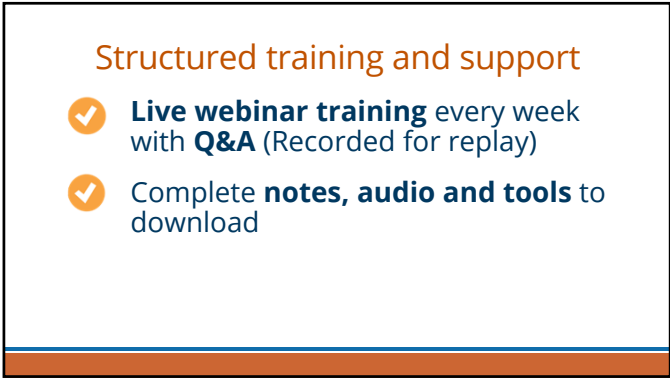
141



142



143



144

Structured training and support

- ✓ **Live webinar training** every week with **Q&A** (Recorded for replay)
- ✓ Complete **notes, audio and tools** to download
- ✓ **“Thought Questions”** and **Practice** suggestions to implement

145

**BONUS**

**Coach-a-Thon** to “Ask Me Anything” and get laser coaching



**JUMPSTART COACH-A-THON**

146



**FAST ACTION BONUS**

**FREE PRIVATE COACHING session**  
with me

Bonnie Mincu, MA, MBA  
Senior Certified ADHD Coach

147

**PRODUCTIVITY JUMPSTART**

**WHAT'S IT WORTH**  
TO LEARN HOW TO  
END JUST ONE OF YOUR  
ADD / ADHD CHALLENGES?

[thrivewithadd.com/jump](http://thrivewithadd.com/jump)

148

**PRODUCTIVITY JUMPSTART**

WHAT VALUE WOULD YOU PUT ON BEING  
ABLE TO GET STARTED ON ANYTHING?

~~\$1000~~   ~~\$400-700~~   **\$297**

[thrivewithadd.com/jump](http://thrivewithadd.com/jump)

149

*There is no better value. . .*

for ADHD training  
to pull out of the stuck state  
that holds you back

---

[thrivewithadd.com/jump](http://thrivewithadd.com/jump)

150

**PRODUCTIVITY JUMPSTART**

JUMP START YOUR YEAR  
End the paralysis that  
keeps you stuck

↓

[thrivewithadd.com/jump](http://thrivewithadd.com/jump)

151

Join now  
**\$297**

→ Doors close for new members  
**January 13**

[thrivewithadd.com/jump](http://thrivewithadd.com/jump)

152

**PRODUCTIVITY JUMPSTART**  
Thursdays – 9:00 pm Eastern time

January 13	February 3
January 20	February 10
January 27	

Webinar sessions run 60-90 minutes  
including Q&A

153

**PRODUCTIVITY JUMPSTART**

1. Go to [thrivewithadd.com/jump](http://thrivewithadd.com/jump)
2. Scroll down to a **RED-ORANGE BUTTON**
3. **CLICK** on it to **JOIN**

Join **PRODUCTIVITY JUMPSTART**

154



What if I can't get my  
strategies right  
during the program?

155



Use Q&A to **ASK**  
**ANYTHING**

*Get laser coaching during  
the Coach-a-Thon session*

156

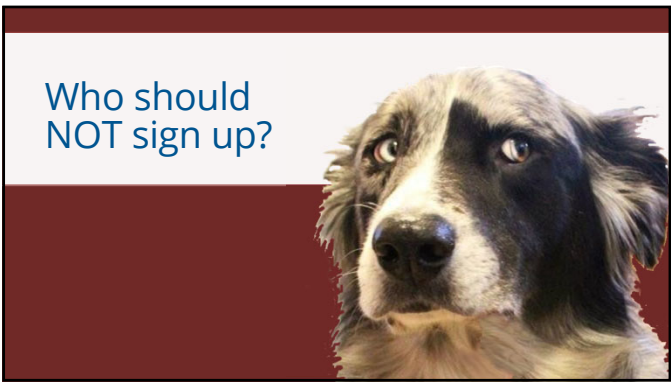




157



158



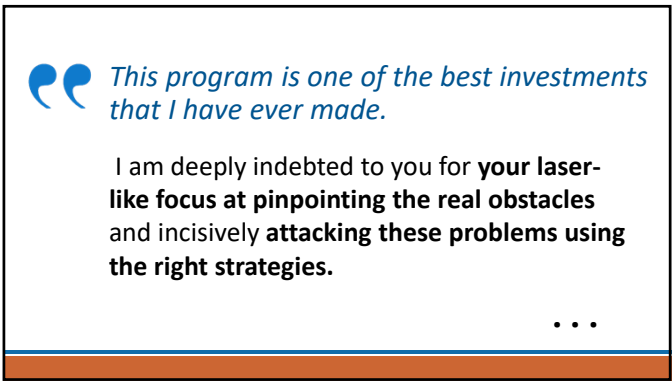
159



160



161



162

...

Thank you for your **creativity in creating the tools** in the modules of this program and **making the presentations fun and interesting.**

...and for sharing the part of being human -- **showing us that we all can make mistakes and that's where the learning and the growth really starts."**

163



Bonnie Mincu, MA, MBA

**JUMP IN!**

**Doors close  
Thursday Jan. 13**

**PRODUCTIVITY  
JUMPSTART**

[thrivewithadd.com/jump](http://thrivewithadd.com/jump)

164