

ADHD & MINDFULNESS

Your Presence is a Present: ADHD and the 'Now'.

ADHD brains time-travel — spending energy in past regrets and future anxieties. Staying present leads to less stress and faster growth.

ADHD brains are wired for time travel — replaying the past or catastrophising the future. The present moment is where your actual life is happening. These tools help you get there.

47%

Of waking hours are spent mind-wandering in the average person. For ADHD brains, this figure is significantly higher — and the content is more often negative and self-critical.

WHY ADHD BRAINS STRUGGLE TO STAY PRESENT

ADHD affects **time perception**. The ADHD brain experiences time as "now" and "not now" — making it difficult to stay grounded in the present moment without being pulled into rumination or future anxiety.

Default Mode Network (DMN) overactivity is common in ADHD. The DMN is the brain's "resting state" — it activates when we're not focused on a task. In ADHD, it's often overactive, generating constant mental chatter.

Presence is not about emptying your mind. It's about returning — gently, repeatedly, without judgment — to what's actually happening right now.

PRACTICAL TOOLS — WHAT ACTUALLY HELPS

1

Sensory Grounding

Name 5 things you can see, 4 you can hear, 3 you can touch. Pulls you into the present immediately.

2

Single-Tasking

Choose one thing. Close everything else. The ADHD brain can focus — it just needs permission.

3

Mindful Transitions

Between tasks, pause for 30 seconds. Breathe. Notice where you are before moving on.

4

Body Awareness

Check in with your body hourly. Are you hungry? Tense? Tired? The body is always in the present.

5

Reduce Stimulation

Constant notifications keep the brain in future-scanning mode. Batch check messages.

6

Compassionate Return

When you notice you've drifted, don't judge. Just return. That's the whole practice.

“ADHD coaching that works with your brain, not against it.”

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