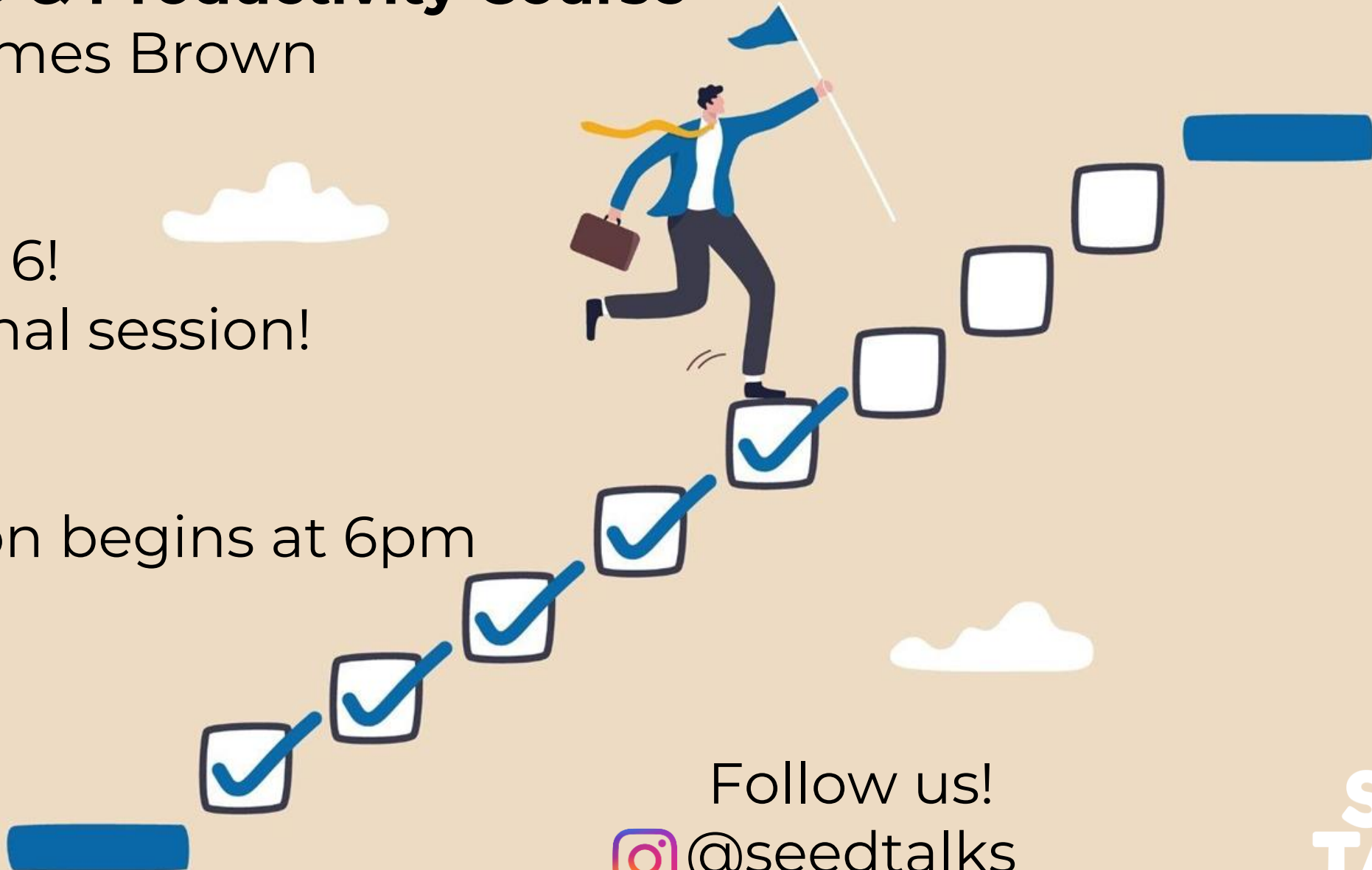


ADHD & Productivity Course

Dr. James Brown

Week 6!
The final session!

Session begins at 6pm



Follow us!

 @seedtalks


**SEED
TALKS**

THE GIFT OF LEARNING!



The ideal gift for those who love learning!

Treat someone you love with a Seed Talks gift card so they can choose from our wide variety of talks , courses and workshops.

Available from:
www.seedtalks.co.uk/gift-cards

snap a photo!

WEEK 6. Managing Stress and Burnout.

December 4th 2023

Dr James Brown

Week	Topic	Information
1	Understanding ADHD and motivation.	Why does ADHD create a barrier to productivity
2	Tackling procrastination and perfectionism.	How to start to accept that perfection is a barrier to progress, and tackling the sources of procrastination
3	Engaging with and completing tasks.	Understanding why 'starting' and finishing' can be an issue, and discussing approaches to tackle this
4	Managing your distractions.	How to create a work environment that removes unnecessary distractions
5	Building and maintaining routines	Developing routines for the start pf day, work activities and
6	Managing stress and burnout.	Stress and burnout impact productivity. How can we prevent this?

Time	Section	Content
5 minutes	Introductions	Last week's form response and discuss how the session will run
30 minutes	Discussion 1	What are stress and burnout
5 minutes	Break	Time for a cuppa
30 minutes	Discussion 2	ADHD, stress and burnout
5 minutes	Break	Time to stretch our legs
30 minutes	Discussion 3	Strategies for managing stress and burnout with ADHD
10 minutes	Summary and next steps	What will you do next?

Learning Objectives

- Upon completion of this session, learners will be able to:
 1. Explain how ADHD can contribute to increased stress levels and a higher risk of burnout, including the impact of ADHD symptoms on managing stress and daily challenges.
 2. Identify key symptoms and signs of stress and burnout, particularly as they manifest in individuals with ADHD
 3. Identify and discuss strategies for managing stress and burnout.

Icebreaker

How are you on a scale of Red Pandas?

1



2



3



4



5



6



7



8



9



Results from last week's poll - stress

Other people

Being disorganised

Being late

Overwhelm

Results from last week's poll – Impact

Mood

Overwhelm

Unproductive

Health

Discussion 1.

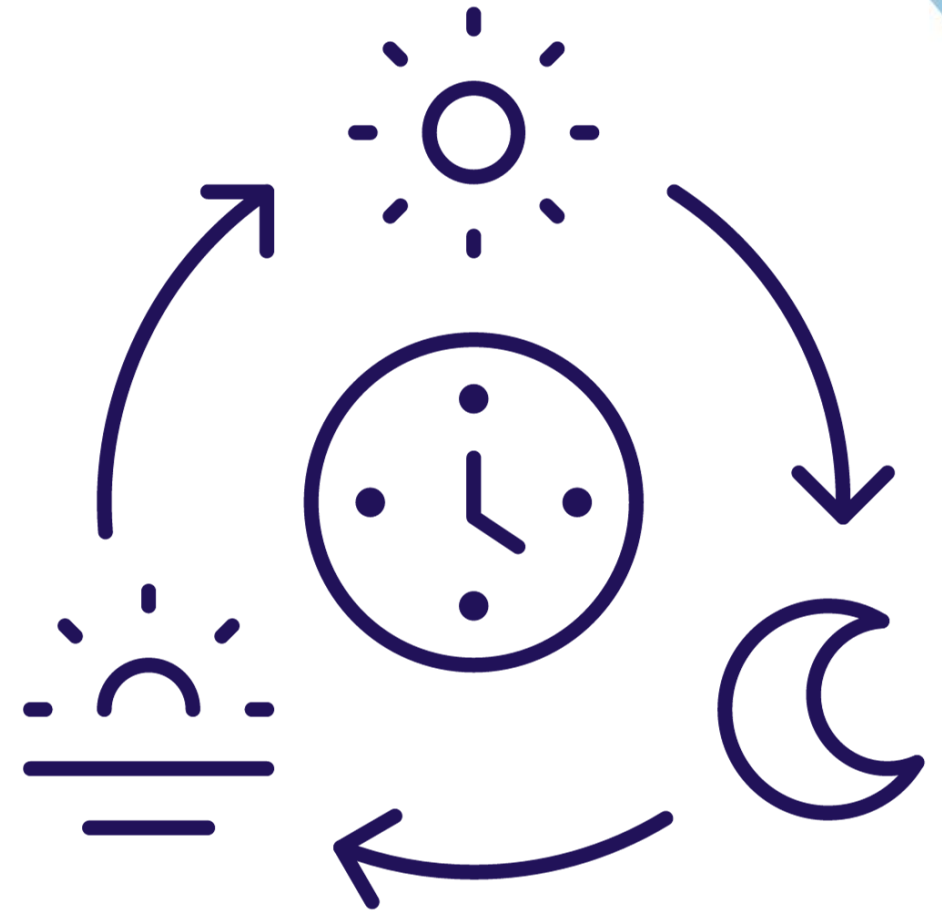
What are stress and burnout?

“I’m feeling a bit stressed”

Discussion 1a.

What is stress?

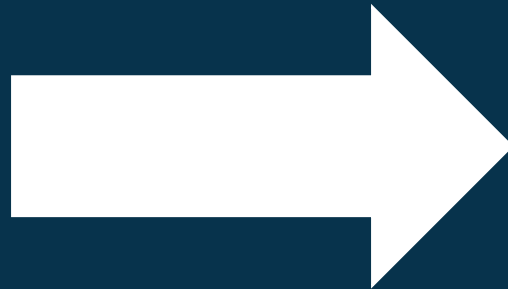
Pop your answers in chat...



Stress is...

- Stress is our body's response to pressure
- It is a a 'natural' physical and mental reaction to life experiences.

Demand



Resources

The 'Fast' Stress Response



The 'Slow' Stress Response



Short Term v Long Term Stress

- Short-term stress (acute stress) can be beneficial in certain situations.
- Long-term stress (chronic stress), however, can have detrimental effects on health if it's not managed effectively.

Physical Effects of Stress



Mental Effects of Stress



Individual Responses to Stress

- People experience and react to stress differently.
- A situation that feels overwhelming to one person may not affect another as strongly.

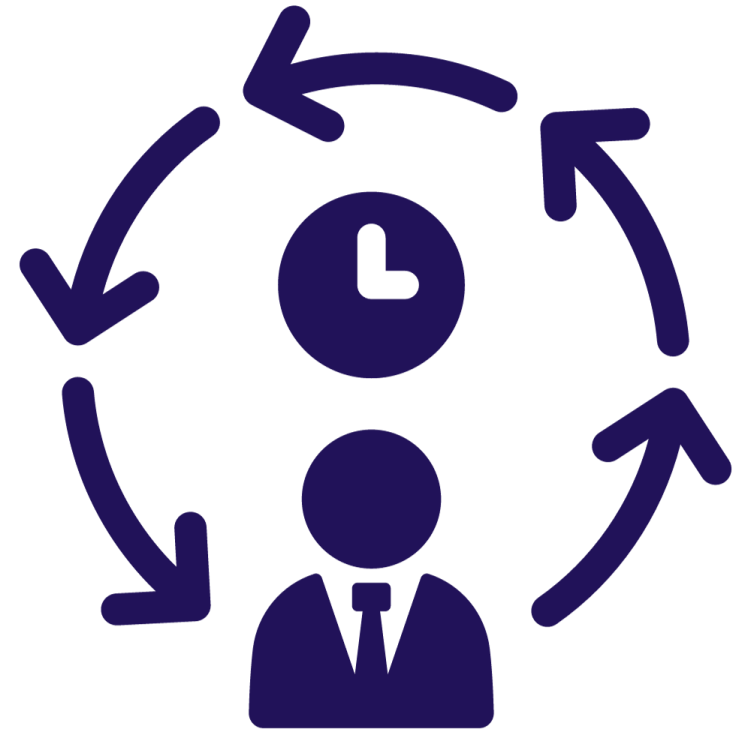
Stress and Productivity

- Since stress can have a significant impact on your physical and mental well-being, it will ultimately affect your productivity.

Discussion 1b.

What is burnout?

Pop your answers in chat...



Burnout is...

- WHO defines as 'a multidimensional occupational phenomenon resulting from chronic workplace stress that has not been successfully managed', characterized by the following:

The Characteristics of Burnout

- Overwhelming exhaustion
- Feelings of cynicism and detachment from the job
- A sense of ineffectiveness and lack of accomplishment.

Symptoms of Burnout

- **Physical**

headaches, stomach or bowel issues, and general fatigue

- **Mental**

Detachment

loss of motivation

negative outlook

a decrease in satisfaction and accomplishment.

Right to Protection from Burnout

- All UK employers are under a statutory duty to ensure the health, safety and welfare of their workforce as far as is reasonably practicable. This obligation extends to safeguarding mental wellbeing.
- Legislation exists in most other countries.

Time for a break...



Discussion 2.

ADHD, stress and burnout

**The symptoms of ADHD and
stress and almost impossible
to split...**

ADHD and Stress Crossover...

- Sleeping problems
- Difficulty concentrating
- Feeling anxious or irritable
- Having racing thoughts
- Worry constantly or go over things in your head...

ADHD and Stress

- Perceived stress both is an important factor that contributes to elevated risk of comorbid disorders and further impairment in ADHD.

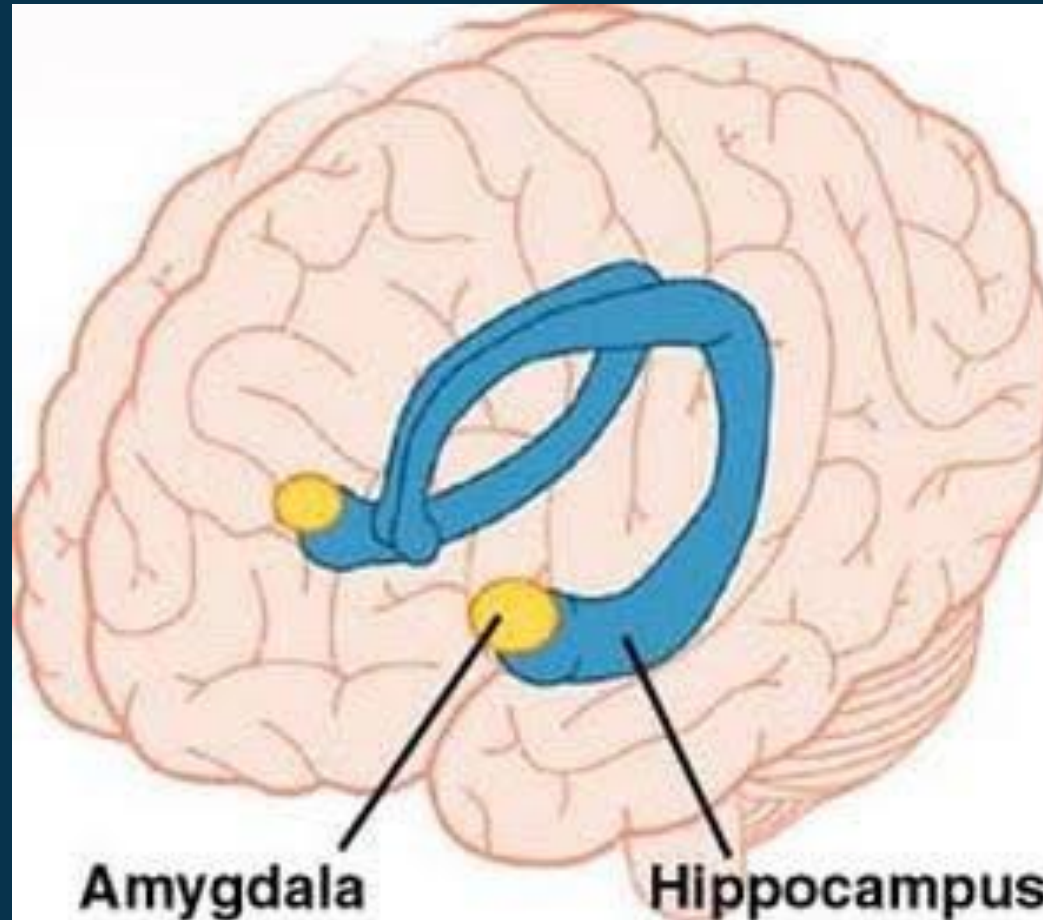


Perceived stress

- Perceived stress in ADHD is



Perceived stress



Biological stress

- Biological stress markers



ADHD and Response to Stress

SVF subscale		M (SD)		F (1, 228)	η_p^2
		ADHD (n = 101)	Non-ADHD (n = 129)		
Functional	Minimization	43.38 (10.09)	46.84 (8.43)	8.03**	0.03
	Self-aggrandizement by comparison with others	42.97 (10.82)	48.47 (9.48)	16.85***	0.07
	Denial of guilt	48.11 (10.70)	48.30 (9.90)	0.02 n.s	0.00
	Distraction	48.13 (10.93)	48.69 (7.70)	0.21 n.s	0.00
	Substitute gratification	53.40 (10.40)	52.46 (9.23)	0.52 n.s	0.00
	Search for self-affirmation	48.69 (9.90)	49.33 (8.00)	0.29 n.s	0.00
	Situation control	40.96 (9.10)	46.74 (10.20)	19.96***	0.08
	Reaction control	42.62 (8.49)	44.32 (7.95)	2.42 n.s	0.01
	Positive self-instructions	37.59 (9.81)	44.31 (8.82)	29.77***	0.12
	Need for social support	52.56 (8.66)	52.82 (7.41)	0.06 n.s	0.00
Dysfunctional	Avoidance	53.53 (9.17)	48.72 (9.44)	15.10***	0.06
	Escape	62.04 (9.78)	48.95 (9.44)	82.56***	0.27
	Social withdrawal	58.76 (8.55)	46.72 (10.52)	87.18***	0.28
	Rumination	56.40 (9.28)	48.09 (10.56)	38.98***	0.15
	Resignation	62.10 (8.51)	48.75 (11.08)	100.20***	0.31
	Self-pity	57.03 (8.92)	47.70 (9.83)	55.34***	0.20
	Self-blame	58.94 (9.83)	48.28 (11.22)	56.95***	0.20
	Aggression	60.45 (8.49)	46.98 (9.62)	122.81***	0.35
	Drug use	54.83 (10.64)	45.27 (7.28)	65.22***	0.22

n.s. not significant, $\eta_p^2 \leq 0.01$ = small, $\eta_p^2 < 0.01$ and $\leq .06$ = medium, $\eta_p^2 \geq 0.14$ = large. ** $p \leq 0.01$; *** $p \leq 0.001$

Barra et al, 2021

ADHD and Burnout

- Longer hours.
- Hyperfocus.
- Hyperactivity.

Impact of Burnout in ADHD

- A strong association between ADHD, burnout, and long-term sick leave exists.

$\frac{1}{4}$ to $\frac{3}{4}$

So...

- People with ADHD perceive stress more
- People with ADHD respond more strongly biologically to stress
- People with ADHD are more likely to adopt less healthy coping strategies
- People with ADHD are more likely to suffer burnout

Time for another break...



How to protect from stress and burnout...

Get a sense check

- Perceived stress tool (copy on website)
- Burnout Assessment tool (copy on website)
- Reassess your activities.

Build a routine...

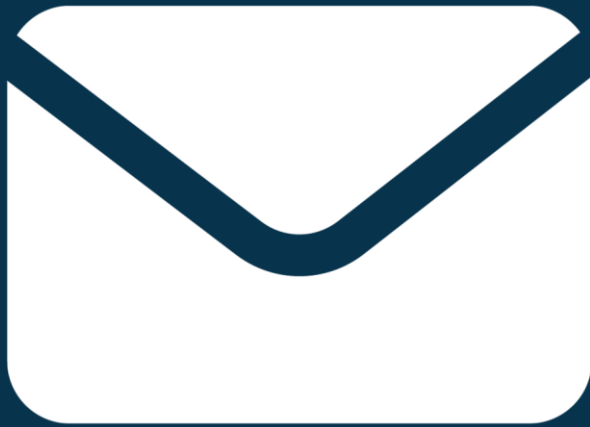


Stress Management

- Managing stress effectively is crucial for maintaining both physical and mental health. Here are several strategies to manage stress:
 1. Establish Boundaries
 2. Identify Stressors
 3. Healthy Lifestyle Choices
 4. Mindfulness and Relaxation Techniques
 5. Develop Coping Mechanisms

1. Establish Boundaries

- Possibly single most important thing you can do...



2. Identify Stressors

- Keep a diary for a week or two to identify situations that create the most stress and how you respond to them.

3. Healthy Lifestyle



4. Mindfulness



5. Develop Coping Mechanisms

- Reframe Your Thoughts.
- Accept What You Can't Change.
- Affirmations.
- Journalling.

Preventing Burnout

1. Recognise the Warning Signs (questionnaire)
2. Seek Support
3. Set Boundaries
4. Take Time Off
5. Practice Relaxation Techniques

Remember the 'Givers', Takers and Matchers?

Week 6 Summary

- **Stress and burnout are barriers to productivity**
- **Adults with ADHD are more likely to perceive stress and respond biologically more to events**
- **Burnout is highly prevalent in ADHD.**
- **Use your toolbox of options to start preventing stress and burnout...**

DON'T MISS...

**SEED
TALKS**

THE PSYCHEDELIC MYSTERIES OF CHRISTMAS

with Darren Le Baron
Sun 17 Dec | 5pm | Online

ON SALE NOW!

