



The Science of ADHD and Impulse Control Workshop

with Dr James Brown

Stream: 5pm | Talk Starts: 5:05pm

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WHO WE ARE

PLANT AN IDEA, WATCH IT GROW

We want you to come to our events and plant a seed. A seed that will grow with you, so you can enhance your wellbeing, health or simply discover a new fascinating subject to delve into!

Seed Talks was founded in London in late 2021. We are an independent events company dedicated to sharing interesting and worthwhile knowledge around the areas of Science, Psychedelics, Neurodiversity, Wellness, Philosophy, Psychology and Neuroscience.

Our speakers are carefully selected and vetted by a team with over seven years experience in public education. You can rest assured that you are learning from a trusted professional at our events.

Thank you for coming <3 If you want to support us more... spread the word by sharing our events with your friends and tagging us on social media!

You can send any feedback or suggestions to hello@seedtalks.co.uk





JOIN THE TEAM

Passionate about our talks? Help us make them even better!

Whether it's in marketing or event management, our team is always expanding.

Email careers@seedtalks.co.uk to see our open positions or to simply express an interest in working with us.



CONTENT IDEAS



Mental Health

- Anxiety
- Burnout
- Happiness
- Depression
- Trauma
- Psychedelics

Self Improvement

- Emotional Intelligence
- Communication
- Alcohol & Addiction
- Stoic Philosophy
- Building Resilience
- Money Management

Neurodiversity

- ADHD
- OCD
- Autism
- Neurodiversity & Mental Health
- Neurodiversity in the Workplace
- Women & Neurodiversity

Health & Wellness

- Our Gut Microbiome
- Healthy Eating
- Women's Health & The Workplace
- The Power of Kindness
- How the Mind Heals the Body
- Hormonal Contraception



The logo for SEED TALKS is located in the top left corner. It consists of the words "SEED" and "TALKS" stacked vertically in a bold, white, sans-serif font. Above the word "SEED" is a small white icon of a sprout with two leaves. The entire logo is set against a circular orange background.

**SEED
TALKS**



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FREE TICKETS!**

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TODAY'S WORKSHOP

1. Understanding ADHD and Executive Functions

Break

2. Impulse Control Explained

3. How impulsivity manifests

Break

5. Strategies for managing impulse control

6. Q&A

Understanding ADHD and Executive Functions

WHAT IS ADHD?

- Lifelong neurodevelopmental disorder.
- 3 presentations (related to symptoms):

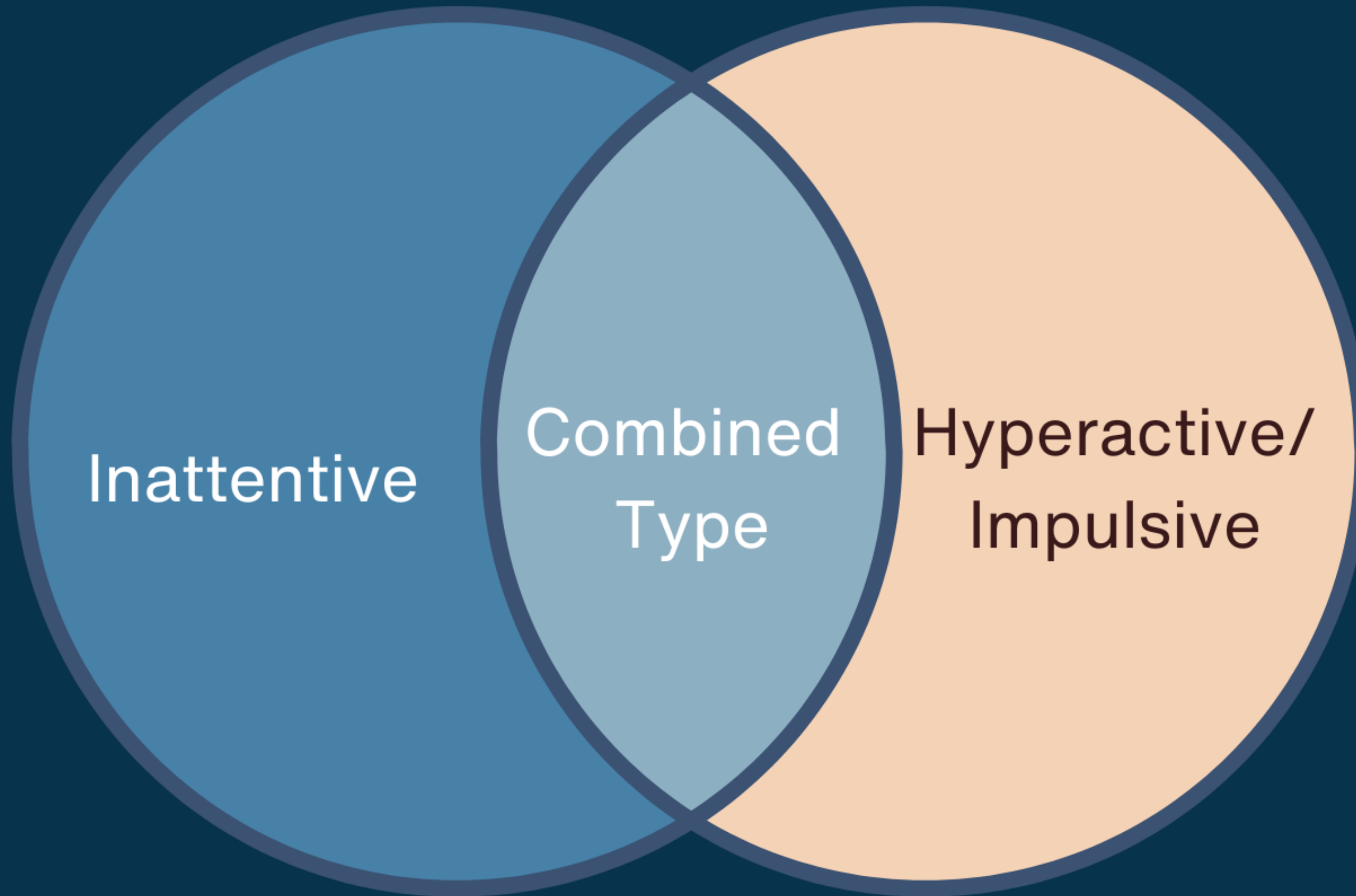
Inattentive type (20-30%) – May have sub-threshold impulsive traits

Hyperactive/Impulsive type (50-70%)

Combined type (<15%)

} Likely to have some impulsive symptoms

ADHD PRESENTATIONS



ADHD 'COLUMNS'



INATTENTION



HYPERACTIVITY/IMPULSIVITY

ARE THERE 3 ADHD 'COLUMNS'?

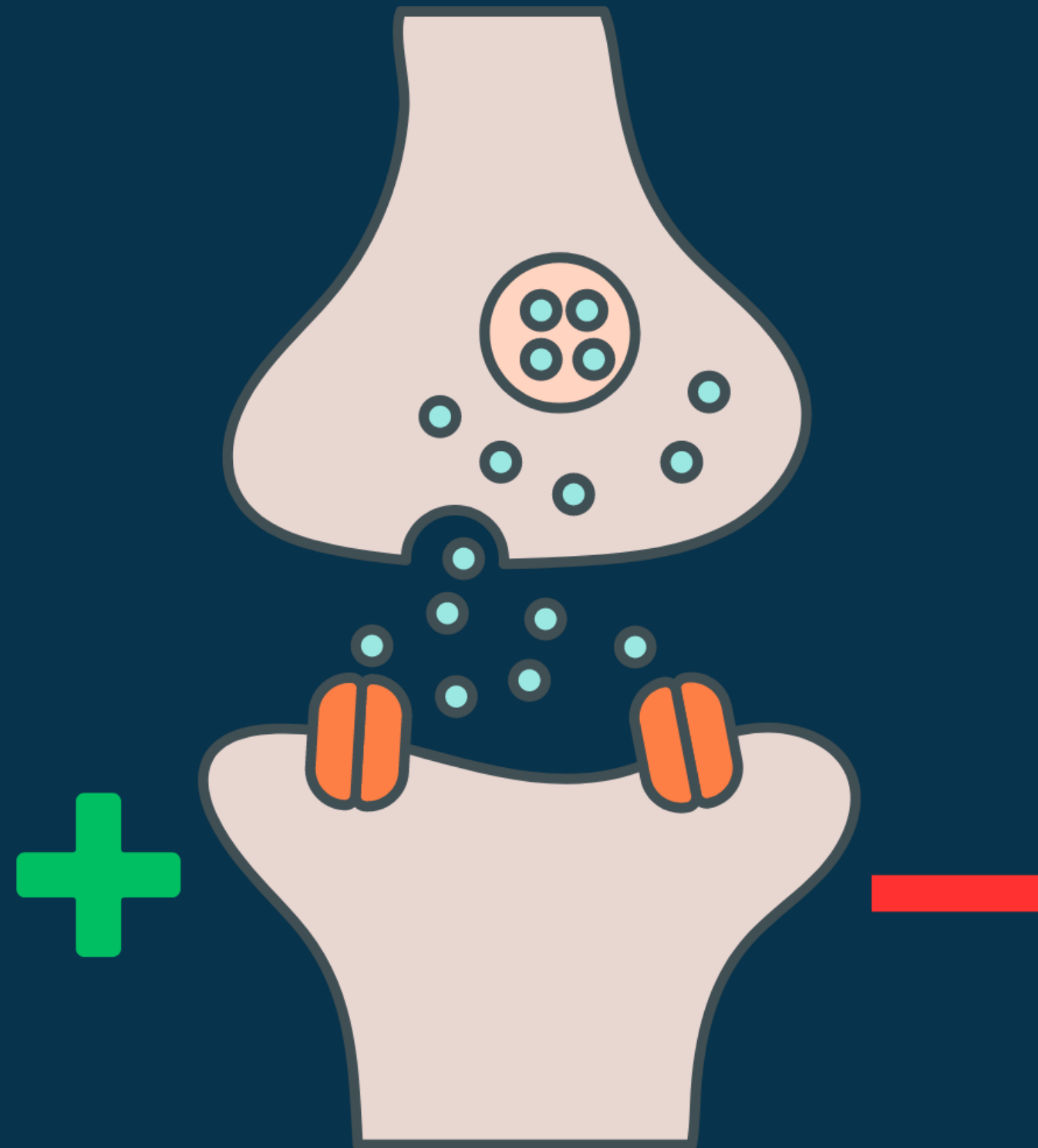
INATTENTION

HYPERACTIVITY

IMPULSIVITY



SYNAPSES



BRAIN NETWORKS



HOW THE 'ADHD BRAIN' DIFFERS

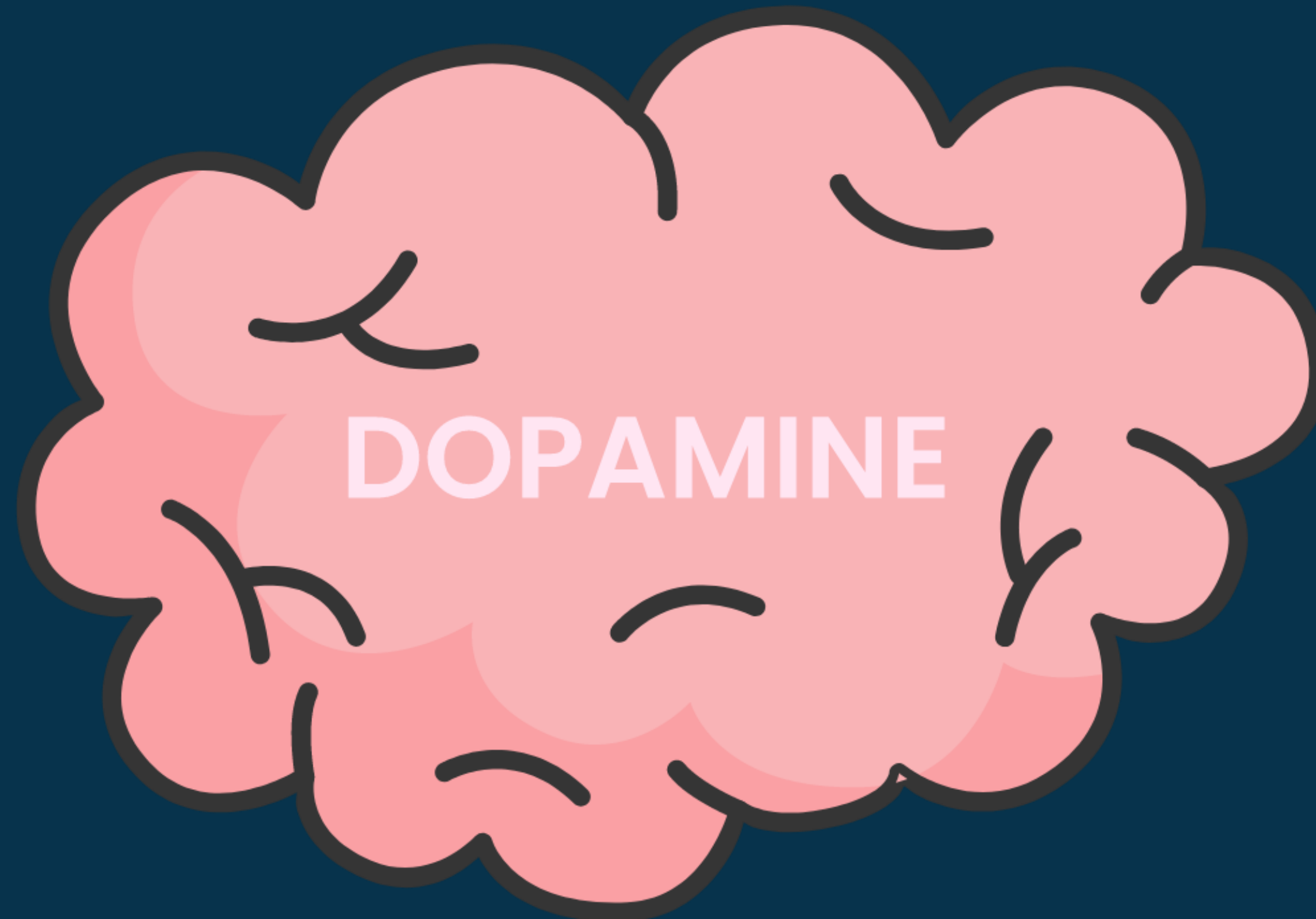


STRUCTURE
(LARGELY CONNECTIVITY)



FUNCTION
(LARGELY NEUROTRANSMITTERS)

ADHD IS MORE THAN DOPAMINE!



SYMPTOMS OF HYPERACTIVITY/IMPULSIVITY

1. Fidgeting with or tapping hands or feet, squirming in seat.
2. Leaving seat in situations when remaining seated is expected.
3. Experiencing feelings of restlessness.
4. Having difficulty engaging in quiet, leisurely activities.
5. Being “on-the-go” or acting as if “driven by a motor”.
6. Talking excessively.
7. Blurting out answers.
8. Having difficulty waiting for your turn.
9. Interrupting or intruding on others.

NON-DIAGNOSTIC ADHD SYMPTOMS

- Emotional dysregulation.
- Rejection-sensitive dysphoria (RSD).
- Mind wandering.
- Time blindness.
- Alexithymia and metacognition.
- Sensory processing.
- Low self-esteem/imposter syndrome.
- Co-existing mental and physical health conditions

EXECUTIVE FUNCTIONS

- Executive functions are the mental processes that enable individuals to:

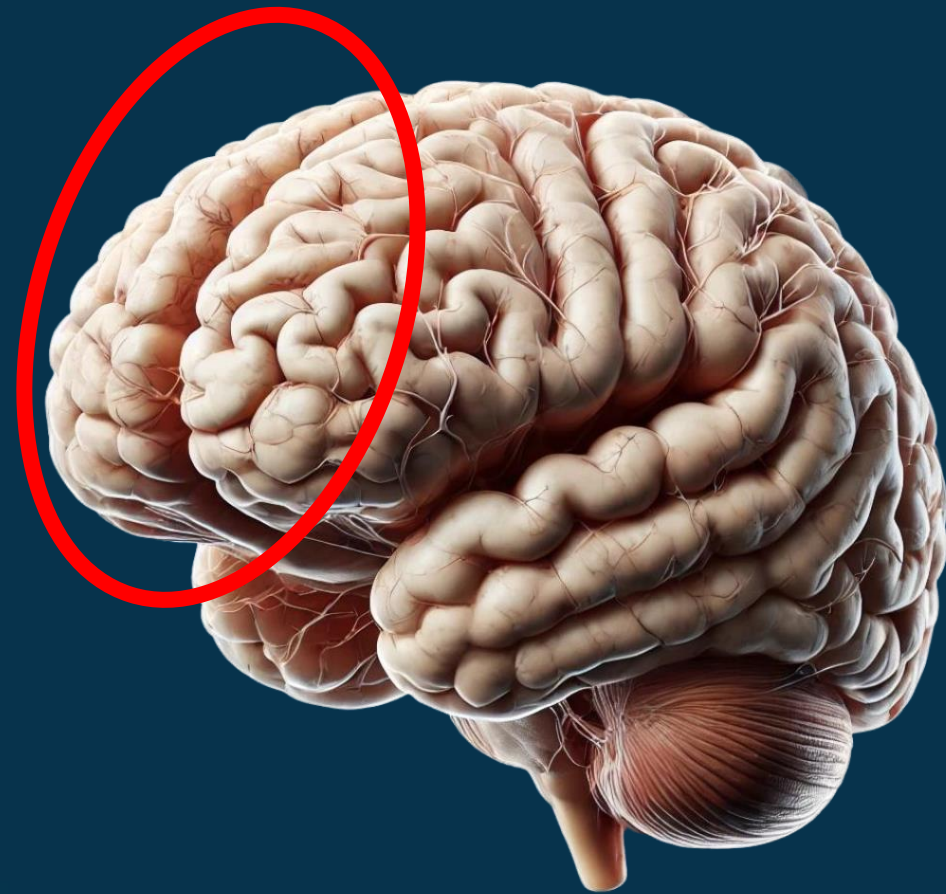
Plan

Focus attention

Remember instructions

Manage multiple tasks effectively to achieve goals.

EXECUTIVE FUNCTIONS



- Inhibitory Control
- Working Memory
- Cognitive Flexibility
- Planning and Prioritisation
- Task Initiation
- Self-Monitoring
- Emotional Regulation
- Organisation
- Goal-Directed Persistence

EXECUTIVE FUNCTIONS - NEUROBIOLOGY

- Primarily 'managed' in the prefrontal cortex (PFC) but involving other brain areas as well.
- Key PFC regions involved:

Dorsolateral Prefrontal Cortex
Ventromedial Prefrontal Cortex
Orbitofrontal Cortex


EXECUTIVE FUNCTIONS - IMPACT

- Chronic Disorganisation
- Poor Time Management
- Difficulty Prioritizing Tasks
- Emotional Dysregulation
- Struggles with Task Completion
- Inconsistent Job Performance
- Financial Challenges
- Social and Relationship Strain
- Difficulty with Long-Term Goals
- Impulsivity in Decision-Making

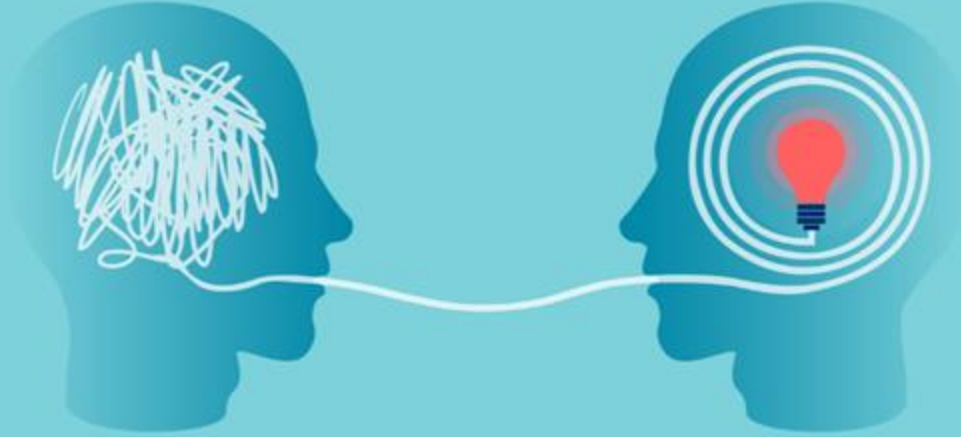
Poll 1

**Which of these impacts of Executive Dysfunction
can you relate to?**

LET'S TAKE A BREAK...



**UNDERSTANDING
ADULT ADHD**
6 week interactive course



with Dr Alex Conner
Starting Mon 23 Sep | 6pm | Online



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COMING SOON

Impulse Control Explained

WHAT IS IMPULSE CONTROL

- **Impulse control refers to the ability to resist or delay an urge, drive, or temptation to act, or act without considering the consequences.**
- **It involves managing one's immediate reactions and considering the long-term consequences of one's actions.**
- **Effective impulse control is crucial for functioning in daily life, maintaining relationships, and achieving personal goals.**

IMPULSE CONTROL: KEY ASPECTS



**Behavioural
Regulation**



**Emotional
Regulation**



**Cognitive
Regulation**



**Social
'Appropriateness'**

ADHD impacts ALL of these.

IMPACT OF IMPULSIVITY



Personal Relationships



Workplace Success



Health & Wellbeing



Financial Stability

Poll 2

Which of these impacts of Impulsivity has impacted you?

NEUROBIOLOGY OF IMPULSE CONTROL: GABA

- Gamma-aminobutyric acid (GABA).
- The primary inhibitory neurotransmitter in the central nervous system.



GABA'S ROLES IN THE BRAIN



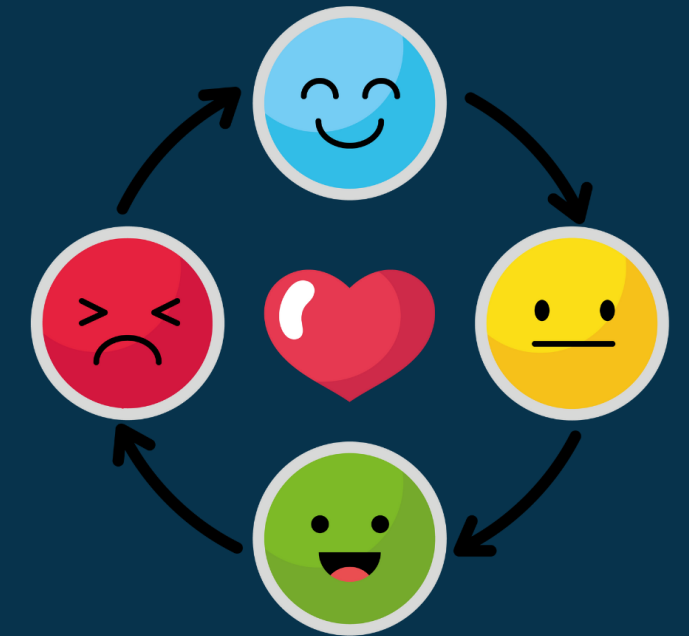
**Inhibitory
Control**



**Neurotransmitter
Regulation**



Hyperactivity



**Emotional
Regulation**

GABA AND ADHD

- **Neurophysiological Findings:**

Lower levels of GABA in individuals with ADHD
Altered GABA Receptor Function

- **Behavioural Regulation**

WHAT DOES THIS MEAN?

- Your ADHD brain does not have the typical physiology and biochemistry to coordinate impulse control.

IMPULSIVITY IN ADHD

- **Impulsivity is a core symptom of ADHD for most ADHDers.**
- **Types of impulsive behaviours:**
 - 1. Emotional**
 - 2. Cognitive**
 - 3. Motor**

IMPULSIVITY IN DIFFERENT SETTINGS



Work



Social



Home


HOW IMPULSE CONTROL CAN AFFECT WELL- BEING

- Mental Health
- Social and relationship consequences
- Physical health risks
- Financial strain
- Increased stress
- Sleep
- Social isolation

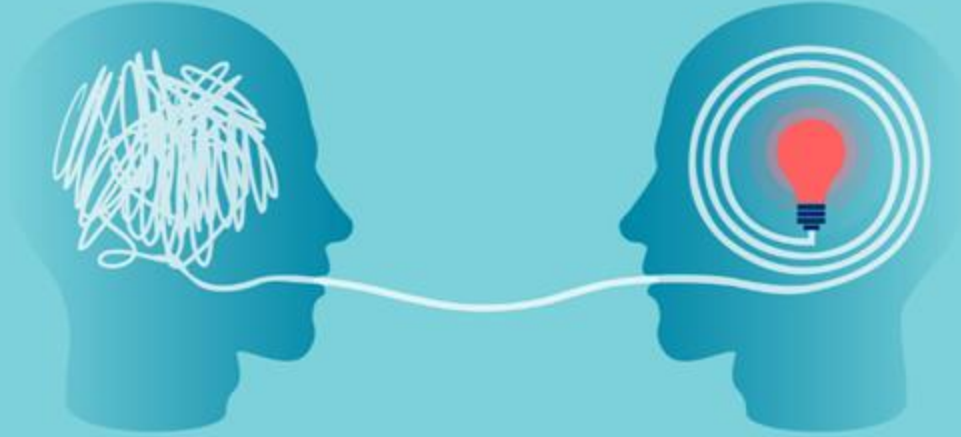
Poll 4

**Which of these areas do you feel
impulsive behaviour has impacted you?**

LET'S TAKE A BREAK...



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COMING SOON

Strategies for Impulse Control

PLANNING FOR IMPULSIVENESS

BEFORE



DURING



AFTER

Spot triggers
Plan for what
may happen
and apply
approaches.

Most difficult
stage.
Awareness can
help.

Explain,
de-escalate,
self-
compassion.

BUILDING ROUTINES

- **Almost all ADHD-management is about trying to build routines.**
- **Routines come from habits.**
- **Habits need a cue.**
- **Identify what can be a cue for your habit.**

e.g., post it note stuck to debit card

STRATEGIES FOR MANAGING IMPULSIVITY – STOP, THINK, ACT

- **Build a habit of trying to ‘put in a pause’.**
- **Easier electronically.**

STOP, THINK, ACT STAGES



1. STOP



2. THINK



3. QUESTION



4. PROBLEM SOLVE



5. IMAGINE CONSEQUENCES



6. ACT



7. REFLECT

STRATEGIES FOR MANAGING IMPULSIVITY – DECISION-MAKING

- **10-second Rule.**
- **Visualize Consequences.**
- **Limit Access to Triggers.**
- **Use Structured Decision-Making Frameworks**

BEHAVIORAL STRATEGIES FOR IMPULSE CONTROL - WORK

- Often about boundaries and people pleasing
- Build a habit of trying to 'put in a pause'.
- Easier electronically.

"If it's now, it's no."

"I'll get back to you."

"Let me think about that."

Write the email, but don't send it yet...

BEHAVIORAL STRATEGIES FOR IMPULSE CONTROL - RELATIONSHIPS

- Often largely around communication and emotional regulation.
- Establish Communication “Time-Outs”.
- Set Communication Boundaries.
- Debrief using ‘I’ statements.

BEHAVIORAL STRATEGIES FOR IMPULSE CONTROL - FINANCIAL

- **Budgeting and Finance Tools**

Envelope Budgeting

Spending Limit Alerts

Daily Spending Journals

- **Delaying techniques**

The 24-hour Rule

Lists and Shopping Plans

Remove Amazon from phone

Apps like OneSec

BREAKING THE IMPULSE-REACTION CYCLE

- Mindfulness.
- Exercise, mindful walking, yoga.

FINALLY...

Self-compassion

RESOURCES

Personal



Website: JBHD.uk

Social media: [@adhdadult_james](https://www.instagram.com/adhdadult_james)

Charity



Website: ADHDadult.uk

Social media: [@adhdadultuk](https://www.instagram.com/adhdadultuk)

Online magazine: Focusmag.uk

Discord: [theadhdadults](https://discord.gg/theadhdadults)

Podcast



Website: TheADHDAdults.uk

Social media: [@theadhdadults](https://www.instagram.com/theadhdadults)



UPCOMING EVENTS

ONLINE

SEP

29

The Gut Health Workshop
with Dr Emily Prpa

OCT

07

**The Procrastination
Workshop**
with Prof Fuschia Sirois

OCT

13

**Neurodiversity & Sensory
Issues**
with Dr James Brown

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