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Thank You Nice Person ☺

Cody: ([00:00](https://www.temi.com/editor/t/NlJOqfJSvVb8Veq5Y1yzc3NYQZnEj_ph6YjMoxi9BOpl33Fb9LFFUMjeNXJWJXhySL7JUC3D9PtdqBe1gT8wU9xzNho?loadFrom=PastedDeeplink&ts=0.06))
This is Cody McLain from the mind hack podcast, a place where we explore the routines, mindset, and experiences of successful people in their field, whatever that field may be. Today we're looking primarily at psychiatry, adult ADHD and mindfulness. These topics are relevant for adults who are looking to manage their ADHD with meditation and other mindful activities. My guest today is Lydia is Alaska, an MD who is also a board certified psychiatrist. Doctors allow, Scott has expertise in integrative psychiatry, adult ADHD and mindfulness based therapy at UCLA. She conducted pioneering research on the effects of mindfulness with ADHD. She's also the author of the mindfulness prescription for adult ADHD, a book which was awarded the distinction of 2012 Chad's most innovative program. As somebody with ADHD, I've constantly struggled with finding out how I can be more productive, focus better, and simply not feel like a giant heaping mess all the time.

Cody: ([01:05](https://www.temi.com/editor/t/NlJOqfJSvVb8Veq5Y1yzc3NYQZnEj_ph6YjMoxi9BOpl33Fb9LFFUMjeNXJWJXhySL7JUC3D9PtdqBe1gT8wU9xzNho?loadFrom=PastedDeeplink&ts=65.18))
I picked up Lydia's book a few years ago and found it to be an incredibly insightful, deep dive on how powerful the effects of mindfulness based therapy can be and I've still been practicing some of her techniques to this day. In this interview, we detailed the difference between meditation and mindfulness, ways to practice. Mindfulness is sitting still is a challenge whether ADHD drugs are necessary and the origins of ADHD. Lydia shares some of her favorite resources for adult ADHD and also discusses mindfulness based cognitive therapy. This was a great interview looking at multiple facets of what it means to have ADHD and so much more. So without further ado, please welcome Lydia Sealaska. What is mindfulness?

Lidia: ([01:56](https://www.temi.com/editor/t/NlJOqfJSvVb8Veq5Y1yzc3NYQZnEj_ph6YjMoxi9BOpl33Fb9LFFUMjeNXJWJXhySL7JUC3D9PtdqBe1gT8wU9xzNho?loadFrom=PastedDeeplink&ts=116.2))
So mindfulness is something that people describe or define in different ways. You know, my favorite way of thinking about it is that it's a specific way of interacting with your experiences. And that specific way has to do with a shift in attention and the shift in attitude. So there, there, there are these two steps to how you become mindful. And so bringing attention to the present moment. And there are lots of things in the present moment outside or inside, and doing it with the attitude of curiosity, openness, and we're often seeing non-judgmentally. So trying to be receptive as opposed to no, analyzing what I'm experiencing, criticizing it, judging it, and maybe even pushing it away.

Cody: ([02:47](https://www.temi.com/editor/t/NlJOqfJSvVb8Veq5Y1yzc3NYQZnEj_ph6YjMoxi9BOpl33Fb9LFFUMjeNXJWJXhySL7JUC3D9PtdqBe1gT8wU9xzNho?loadFrom=PastedDeeplink&ts=167))
Right. And that's an issue I've had for as long as I've been alive, as somebody with ADHD. And that has struggled with everything from being motivated to being focused and finding that it's so easy for me to get distracted. And I started meditating maybe five, six years ago. I just through the app head space, I'm sure you've heard of it. And the first example I give about my experience with meditation is I would always get up and go grab a snack. And I did this for years and I never asked myself, why am I getting up to go, go grab a snack? And after I started meditating, I asked myself, wait, why? And I looked at my computer and I realized that it was an email. It was a task. It was something that I did not want to do, that there was a huge mental anxiety around it. And then I was able to consciously say, okay, I'm not going to grab a snack. I'm going to sit back down [inaudible] that's the first example I can convey about my experience with being more mindful about those anxieties that would [inaudible] come up

Lidia: ([03:50](https://www.temi.com/editor/t/NlJOqfJSvVb8Veq5Y1yzc3NYQZnEj_ph6YjMoxi9BOpl33Fb9LFFUMjeNXJWJXhySL7JUC3D9PtdqBe1gT8wU9xzNho?loadFrom=PastedDeeplink&ts=230.27))
throughout the day. Yeah. And that's a great example because you, you touched on the fact that, you know, mindfulness is often trained in meditation. Uh, it's a specific type of meditation and that formal practice of yeah, sitting still and noting things moment by moment can really then develop this capacity or this ability to be more aware in daily life and start questioning the things that you would automatically do and gives you a choice. So like you were able to ask that question or be more aware of, you know, I always do this, why and what are some maybe triggers for this? And realizing that there is a choice and that such a big thing for all of us. We all do things out of habit automatically. Maybe things that are kind of our go to coping strategies that are not always the best perhaps. So having some more awareness or spaciousness and choice around it can really create freedom in your life.

Cody: ([04:51](https://www.temi.com/editor/t/NlJOqfJSvVb8Veq5Y1yzc3NYQZnEj_ph6YjMoxi9BOpl33Fb9LFFUMjeNXJWJXhySL7JUC3D9PtdqBe1gT8wU9xzNho?loadFrom=PastedDeeplink&ts=291.3))
Hmm. And now on that note, do you think everybody needs to meditate in order to achieve that level of mindfulness that you're referring to?

Lidia: ([05:00](https://www.temi.com/editor/t/NlJOqfJSvVb8Veq5Y1yzc3NYQZnEj_ph6YjMoxi9BOpl33Fb9LFFUMjeNXJWJXhySL7JUC3D9PtdqBe1gT8wU9xzNho?loadFrom=PastedDeeplink&ts=300.8))
No, I think of mindfulness more. I'd like to use the term mindful awareness. And mindful awareness can be, yeah, cultivated in different ways or you can learn about it in different ways. No meditation is one of the kind of classic and quite effective ways to do it. But you know, you could do psychotherapy and become more aware and mindful. You could do some journaling, writing, it could happen through reading books and really reflecting and questioning, you know, asking questions as you learn and you know, awareness can also know B because other people give you feedback. People in your life or being open to it, friends are telling you. And just general attitude of curiosity. I do think some people are more naturally mindful and it maybe more of a temperament trait. Oh, there's maybe more challenging that way, but anyone can is skill. Anyone could learn more of it.

Lidia: ([06:00](https://www.temi.com/editor/t/NlJOqfJSvVb8Veq5Y1yzc3NYQZnEj_ph6YjMoxi9BOpl33Fb9LFFUMjeNXJWJXhySL7JUC3D9PtdqBe1gT8wU9xzNho?loadFrom=PastedDeeplink&ts=360.99))
So when you start, you are a associate professor at which college? So I'm assuming you, you asking when I first started this work in mindfulness and ADHD, exactly. How did you pair that aspect of psychiatry and go into this realm of mindfulness? Yeah, so I was training as a psychiatry. I was a psychiatry resident at UCLA and my first kind of step in in this direction was that I became interested in complimentary alternative medicine. I had a chance to rotate in a clinic that incorporated Chinese medicine into Western medical context and that really made me curious about different ways, cultures and systems of medicine approach symptoms. You know, that Chinese medicine would look kind of person very differently than Western medicine what kind of person. And I think this was an introduction and kind of this perspective taking and, I generally, you know, was really interested in the more integrative medicine approach.

Lidia: ([07:08](https://www.temi.com/editor/t/NlJOqfJSvVb8Veq5Y1yzc3NYQZnEj_ph6YjMoxi9BOpl33Fb9LFFUMjeNXJWJXhySL7JUC3D9PtdqBe1gT8wU9xzNho?loadFrom=PastedDeeplink&ts=428.42))
care and adapt. Leaving my training in psychiatry, did a fellowship in east-west medicine at UCLA and came back to finish my residency with this intention of trying to bring some tools, primarily mind body tools into my practice. And at that time there was a lot of interest in psychology [world about mindfulness. There was work by John Collinson who kind of pioneer application of mindfulness into medical setting. Bye. Coming up with a MBSR or mindfulness based stress reduction program. That's kind of the like key model that people have looked at to bring mindfulness for different conditions for different medical settings. And when I was becoming interested in mindfulness, there was a program called mindfulness based cognitive therapy, which grew out of MBSR. Oh it was an adaptation of MBSR to depression was the idea that mindfulness is this metacognitive skill that can help you catch yourself when your thinking started to shift into depressive spiral.

Lidia: ([08:21](https://www.temi.com/editor/t/NlJOqfJSvVb8Veq5Y1yzc3NYQZnEj_ph6YjMoxi9BOpl33Fb9LFFUMjeNXJWJXhySL7JUC3D9PtdqBe1gT8wU9xzNho?loadFrom=PastedDeeplink&ts=501.45))
So if you're able to catch yourself before you spiral down, you have the ability and perhaps to pull yourself out of these negative, you know, almost like habitual grooves of depression. So that was really interesting to me and it really fascinating. And then I'm training an NBCT as well as MBSR and aye wanted to bring this approach to adult ADHD. So adult ADHD was sort of a separate interest of mine apart from mind body medicine, integrative medicine. But as I finished my residency training and I was doing a fellowship or research fellowship that enable me to sort of ask, you know, what is my question here that I want to study and I have some resources to study. That question kind of had this aha moment that I want to bring the two together. And this was in the context of having some mentors at UCLA who were also very interested in mindfulness as well as ADHD.

Lidia: ([09:24](https://www.temi.com/editor/t/NlJOqfJSvVb8Veq5Y1yzc3NYQZnEj_ph6YjMoxi9BOpl33Fb9LFFUMjeNXJWJXhySL7JUC3D9PtdqBe1gT8wU9xzNho?loadFrom=PastedDeeplink&ts=564.71))
Dr Susan Smalley is one of my mentors there and it was very, at first, you know, when I discussed this idea with people in the fellowship, they saw it. This was not a great combination to bring mindfulness to ADHD. And you know this was because people thought mindfulness is meditation. You have to sit still, you have to pay attention. And those with ADHD cannot sit, still, cannot pay attention. So why would you ask something that's difficult? But as you know, if you look more deeply, totally makes sense to combine the two because it is a practice that can strengthen attention, that can strengthen your ability to be with your discomfort. Um, negative emotions.

Cody: ([10:10](https://www.temi.com/editor/t/NlJOqfJSvVb8Veq5Y1yzc3NYQZnEj_ph6YjMoxi9BOpl33Fb9LFFUMjeNXJWJXhySL7JUC3D9PtdqBe1gT8wU9xzNho?loadFrom=PastedDeeplink&ts=610.88))
And I'm curious, do you see a emergence of the symptoms associated with ADHD? I know that we've had an increase in the number of diagnosis and there's a lot of views that's a lot of people don't actually have ADHD. In fact, I even questioned that myself and is we see an increasing anxiety and depression and a lot of that ties back to social media use in phones. And so I'm wondering if you have any clear distinction and how you define somebody with ADHD versus the attention disorders that we are having a huge prevalence in that's really just related to technology.

Lidia: ([10:52](https://www.temi.com/editor/t/NlJOqfJSvVb8Veq5Y1yzc3NYQZnEj_ph6YjMoxi9BOpl33Fb9LFFUMjeNXJWJXhySL7JUC3D9PtdqBe1gT8wU9xzNho?loadFrom=PastedDeeplink&ts=652.03))
Okay. Yeah, that's a good question. I don't think we know the answer to that, but certainly we do know some things that can, hello. You know, think this through. We know that ADHD exists in every culture and has existed. You know, going back to the, there's some descriptions even in 18th century, so it's not a disorder of just this culture and this and the fact that we have technology and we also know that there are biological markers and it tends to run in families. There's a genetic contribution likely to be ADHD. So we do know that this is a kind of biological, there was a know phenotype or that there is a biological contribution. I'm sorry to interrupt.

Cody: ([11:33](https://www.temi.com/editor/t/NlJOqfJSvVb8Veq5Y1yzc3NYQZnEj_ph6YjMoxi9BOpl33Fb9LFFUMjeNXJWJXhySL7JUC3D9PtdqBe1gT8wU9xzNho?loadFrom=PastedDeeplink&ts=693.04))
You heard of the theory that ADHD came from when a caveman era is that the at the person with ADHD was a person with high anxiety and they were always running around and that they would alert the tribe if there was danger ahead of you. Do you know anything about that?

Lidia: ([11:48](https://www.temi.com/editor/t/NlJOqfJSvVb8Veq5Y1yzc3NYQZnEj_ph6YjMoxi9BOpl33Fb9LFFUMjeNXJWJXhySL7JUC3D9PtdqBe1gT8wU9xzNho?loadFrom=PastedDeeplink&ts=708.88))
Yeah, I think, you know there's, you may be referring to the Hunter versus gatherer kind of idea and perhaps the, this might be a little different, but there is thinking that, you know, ADHD is just a variant in population that actually has some specific characteristics that may have been selected for it through evolution at perhaps the person that's more vigilant and can be attentive multiples things. Yeah. The, so that's the Hunter idea. You know, you can kind of be quick, you can be attentive to quick just act quickly. It's more like ADHD, but the gatherer that has to be more systematic and detail oriented may not be. So that's more, yeah. Paradigm I'm thinking that has influenced me in terms of, yes, there is this natural variety in our population and depending on the setting to the person of ADT can be more impaired or less than petard.

Lidia: ([12:48](https://www.temi.com/editor/t/NlJOqfJSvVb8Veq5Y1yzc3NYQZnEj_ph6YjMoxi9BOpl33Fb9LFFUMjeNXJWJXhySL7JUC3D9PtdqBe1gT8wU9xzNho?loadFrom=PastedDeeplink&ts=768.25))
So there is a, I think a lot to be said of having the right fit for what your strengths and weaknesses are. And that's very true for if you have ADHD, maybe a job behind a desk is more challenging than if you are a salesman or if you are able to create something as opposed to doing something that's more routine. So there's that component of thinking that ADHD could be a different variation of normal variation. It's a subtype of normal variation. We do have more and more kind of understanding that ADHD also exists on the spectrum. So if you had to take families with ADHD, you may have some family members that are identified as having ADHD and some that will say that don't meet criteria. However, if you just look at, you know, what symptoms the family would endorse, you'll see there's a spectrum that those who are related to someone with ADHD would usually have a higher number of ADT symptoms that they endorsed, even though they might not meet criteria for that.

Lidia: ([13:54](https://www.temi.com/editor/t/NlJOqfJSvVb8Veq5Y1yzc3NYQZnEj_ph6YjMoxi9BOpl33Fb9LFFUMjeNXJWJXhySL7JUC3D9PtdqBe1gT8wU9xzNho?loadFrom=PastedDeeplink&ts=834.41))
So it becomes this genetic trait perhaps that if you, well, we know there's multiple genes that seemed to be correlating with ADHD. We don't have the gene we have. It's probably, you know, multiple genes that sort of help provide this sort of phenotype of ADHD. And so it's helpful to think about it as an a spectrum. And depending where you draw the line of how many symptoms you're supposed to have to meet the criteria, then you may, yeah, it will change how often somebody is diagnosed with ADHD. We're doing this now in terms of, if you look at it criteria in the psychiatry field, the DSM criteria, we have relaxed the criteria going from DSM four to this current version, which is DSM five you can be diagnosed with ADHD if you have less symptoms. Yeah. What you used in the past. And those symptoms don't have to be obvious as a diagnosable.

Lidia: ([14:54](https://www.temi.com/editor/t/NlJOqfJSvVb8Veq5Y1yzc3NYQZnEj_ph6YjMoxi9BOpl33Fb9LFFUMjeNXJWJXhySL7JUC3D9PtdqBe1gT8wU9xzNho?loadFrom=PastedDeeplink&ts=894.05))
As a child. You know, you just may have some symptoms. Maybe you didn't meet criteria or didn't have the diagnosis as a child. But if there was some evidence of those symptoms as a child and you come as an adult, you can still be diagnosed as having ADHD. So it's a little easier now. So, depending on how stringent you are was the criteria you will it really affect who gets to be diagnosed, who doesn't get to be diagnosed. So I think at least you know in America, in the U S we have the criteria, MiraLax, we still look at it, how much the person is struggling. That's to me is a key. How much someone is struggling. You could have all the symptoms, but if you figure out your life, you have enough supports, you have enough other strengths and maybe the type of work you do, the impairment is not obvious, then you might not be diagnosed.

Lidia: ([15:46](https://www.temi.com/editor/t/NlJOqfJSvVb8Veq5Y1yzc3NYQZnEj_ph6YjMoxi9BOpl33Fb9LFFUMjeNXJWJXhySL7JUC3D9PtdqBe1gT8wU9xzNho?loadFrom=PastedDeeplink&ts=946.22))
Or maybe even if, if you understand that this could describe you, maybe there's no need to treat or you have options of how you treat my medication. It will not be necessary. But if you are really struggling, it might be a very different situation. You may need medications, it may be a way to get out of the hole and then actually help you put in other things in place. So maybe later over time you don't need as much medication. But if you do, it's okay too. You know, is our whole society, is it whole culture becoming more add light that people have this continuously interrupted attention through technology and I do think there's something to be sent to that as the general population is sort of moving. We will also, so the question is those who are more likely to eat distracted are going to be even more impaired in this culture or not.

Lidia: ([16:43](https://www.temi.com/editor/t/NlJOqfJSvVb8Veq5Y1yzc3NYQZnEj_ph6YjMoxi9BOpl33Fb9LFFUMjeNXJWJXhySL7JUC3D9PtdqBe1gT8wU9xzNho?loadFrom=PastedDeeplink&ts=1003.63))
You know, maybe there in some ways if you are already dealing with your more distractable and you have a lot of this traction at some point there's a tipping point. I either get very, you struggling a lot or maybe you figuring out how to deal with it sooner, if that makes sense. Right. And also Cal Newport's recent book who originally wrote the book deep work. He came out with this book digital minimalism a few months ago and it was really highlighting the fact that we are having our attention stolen from us by the social media companies and all the app designers who try and design something that is going to hook us, that is going to make us addicted to that app. Whereas even the idea of seeing the little red icon on your screen, there is a psychological trigger that we need to click on that the notification, and then I remember when I was young and I would have every email popup on my screen as a notification.

Lidia: ([17:43](https://www.temi.com/editor/t/NlJOqfJSvVb8Veq5Y1yzc3NYQZnEj_ph6YjMoxi9BOpl33Fb9LFFUMjeNXJWJXhySL7JUC3D9PtdqBe1gT8wU9xzNho?loadFrom=PastedDeeplink&ts=1063.39))
I am still surprised to this day that that is a default option in email. I think you were saying before the interview that needed to disable that notification and for me, I can't have any kind of notifications. I even disabled my chat notifications and I just try and mindfully check the Slack application and even if that means that I may not respond to people as quickly as they want, but I just know for me is that it makes me in this mode of reacting all day and then at the end of the day I ask myself, what did I get done? And I feel like I got absolutely nothing done. Yeah. I think that's such a challenge for all of us. And I always remind myself, and I think that's an important thing for all of us to think about, is the attention is a resource that's very precious, that attention is finite.

Lidia: ([18:33](https://www.temi.com/editor/t/NlJOqfJSvVb8Veq5Y1yzc3NYQZnEj_ph6YjMoxi9BOpl33Fb9LFFUMjeNXJWJXhySL7JUC3D9PtdqBe1gT8wU9xzNho?loadFrom=PastedDeeplink&ts=1113.62))
We don't have, you know, we can't put attention to multiple places at the same time, I have the same quality of attention. So if the environment that we're in is constantly pulling attention away, you end up really being, and that is effective and the quality of your attention is, is not as good. And there's also costs in terms of exhaustion because every time you switch attention, not there's efficiency costs, but there's also, I think we get more exhausted by that and that becomes less and less common that we have these periods of uninterrupted attention. Unless you really cultivate that and do somethings too, protect ourselves, whether it's from these notifications, you know, from your phone and okay, you know, noise, even some people are more sensitive to noise. So even paying attention to that [inaudible] there is a quote. Okay. William James was a well known psychologist talking about, you know, that attention is this.

Lidia: ([19:34](https://www.temi.com/editor/t/NlJOqfJSvVb8Veq5Y1yzc3NYQZnEj_ph6YjMoxi9BOpl33Fb9LFFUMjeNXJWJXhySL7JUC3D9PtdqBe1gT8wU9xzNho?loadFrom=PastedDeeplink&ts=1174.79))
We source this skill that to me, you know, where you put attention, that's what your life is about. Like you know, you may be on a beautiful beach, but if you attention is in your mind, and maybe we her saying something that was awful the day before, you are missing out on where you are. Um, the beauty of the beach in that moment. And we do that all the time. This is human condition. We often are not where we are supposed to be. And that's why mindfulness is, it's having a really a moment in our culture is because we're realizing that these technological distractions or our own minds that are now so fragmented, Oh, maybe there's other reasons, whether it's, you know, these social media and the bullying that happens on social media where it can be so preoccupied and live in our minds and live in our centering, that it's, that's so powerful and compelling that it's difficult to get out of that.

Lidia: ([20:35](https://www.temi.com/editor/t/NlJOqfJSvVb8Veq5Y1yzc3NYQZnEj_ph6YjMoxi9BOpl33Fb9LFFUMjeNXJWJXhySL7JUC3D9PtdqBe1gT8wU9xzNho?loadFrom=PastedDeeplink&ts=1235.54))
And mindfulness could be a way to start having some freedom around this. And in your book you describe attention like a flashlight and we tend to turn that flashlight to is distracting us and we're just moving that flashlight around. And with a certain level of mindfulness we can ask, should I turn this flashlight over here or is this really what I should be looking at? Right. personal aha moment was thinking that I can pay attention to attention. Oh no, I can pay attention to attention. And it seems kind of simple, but it was really meaningful to me at the time. And that's very much what we're asking mindfulness practice is to start noticing what is that our attention, what said where, where's it going automatically? And the fact that we can bring it back on purpose, you know, with intentionality. So as if grabbing that flashlight and having a little bit more say where the attention is, knowing that there will be this little bit of a push and pull, you know, there's still be things grabbing intention, pulling it away, but the fact that we can keep coming back, it's that training, that ability to control the flashlight.

Lidia: ([21:50](https://www.temi.com/editor/t/NlJOqfJSvVb8Veq5Y1yzc3NYQZnEj_ph6YjMoxi9BOpl33Fb9LFFUMjeNXJWJXhySL7JUC3D9PtdqBe1gT8wU9xzNho?loadFrom=PastedDeeplink&ts=1310.58))
Or you could say it. It's like training the attention lesson, then it's a little bit easier to be where you want to be with you intention and now speaking of attention, there is a huge amount of America's, the number one spot for the ADHD drugs, Adderall, Vyvanse, et cetera in the world. I believe we prescribe more of these drugs here in America than any other country on earth combined if I believe that correctly. And so with ADHD medication, I've read that if you're somebody who does not have ADHD and you take something like Adderall that it makes you really speedy to the point that you actually even some ways actually be less focused because you have too much anxiety and the people who actually have ADHD, they take these drugs and it actually calms them down. I'm curious, since you are taking a approach of ADHD and mindfulness, what is your view of these ADHD drugs?

Lidia: ([22:48](https://www.temi.com/editor/t/NlJOqfJSvVb8Veq5Y1yzc3NYQZnEj_ph6YjMoxi9BOpl33Fb9LFFUMjeNXJWJXhySL7JUC3D9PtdqBe1gT8wU9xzNho?loadFrom=PastedDeeplink&ts=1368.4))
Should we even have them to begin with? Well, I do prescribe medications myself and I do think they're tools to be used and they can be really lifesaving for some people or can really help them understand what it's like to be more focused and maybe less restless. Are there tools to use your whole life? For some people, yes. For some people now and maybe a tool you use sometime or maybe you know and to tool you choose not to because you really invest in other ways like mindfulness or, or other strategies to help you self-regulate. So there's a role for medications. I do think that we default to medications too quickly and think that that's the main thing we should try. Ah, or the only thing you try and so people get a prescription but no one talks to them about the lifestyle and they're sleeping.

Lidia: ([23:43](https://www.temi.com/editor/t/NlJOqfJSvVb8Veq5Y1yzc3NYQZnEj_ph6YjMoxi9BOpl33Fb9LFFUMjeNXJWJXhySL7JUC3D9PtdqBe1gT8wU9xzNho?loadFrom=PastedDeeplink&ts=1423.46))
Are they eating well maybe there's not enough education about ADHD in some other behavioral strategies, how to manage it. So I do think it's a tool, but it should be an a bigger tool box and making it individual decisions of when it's appropriate to use it. You know the medications? Yes, there is this sort of a kind of the, a bit of a stereotype thinking that if you don't have ADHD, potatoes, medications, they don't help you. If you have ADHD, they help you. Well, you know, coffee is a stimulant. Just like the ADHD medications are stimulant and most of us can benefit from coffee, right? It does enhance you attention and you alertness. So unless you, a person that has quite a bit of anxiety and can't tolerate stimulants, most people could feel some positive effect from a stimulant as long as the dose is not too much. So you can't really say that if you are responding to a stimulant, you don't have ADHD because you might not have ADHD and still respond to the stimulant. And that's where, you know, this idea of almost like cosmetic psychiatry comes in or this cognitive, like in sports you have doping, right? Can you do this, take stimulants to kind of enhance your performance even if you don't have ADHD versus seeing it as a medication that you need because you are at a disadvantage of perhaps having ADHD, right?

Cody: ([25:08](https://www.temi.com/editor/t/NlJOqfJSvVb8Veq5Y1yzc3NYQZnEj_ph6YjMoxi9BOpl33Fb9LFFUMjeNXJWJXhySL7JUC3D9PtdqBe1gT8wU9xzNho?loadFrom=PastedDeeplink&ts=1508.16))
Like, I believe it was pharmacology was the term where I've read about in articles where they've mentioned about or designer pharmacology, somewhere along those lines and articles, even about regular people taking Prozac and people saying that when they're on these SSRI is that life just feels good and it eliminates that level of anxiety and there's an increase in SSR eyes being taken by everyday Housewives as a way of simply calming them down and lessening their anxiety. And I know that's a whole another conversation is whether we should be prescribing SSRI as two people simply to eliminate anxiety.

Lidia: ([25:45](https://www.temi.com/editor/t/NlJOqfJSvVb8Veq5Y1yzc3NYQZnEj_ph6YjMoxi9BOpl33Fb9LFFUMjeNXJWJXhySL7JUC3D9PtdqBe1gT8wU9xzNho?loadFrom=PastedDeeplink&ts=1545.9))
Yeah, I mean that's a big topic and you know, really comes back to mind from us in a sense that mindfulness teaches you how to be with discomfort, how to tolerate it, how to learn from it. Because discomfort is not all bad. There couldn't be a message for you that may be you are not in the right place. Right. The relationship. Maybe something needs to change on how you're approaching things. So being able to tolerate some discomfort is important. Of course, we're talking degrees too. If there's so much discomfort, so much you could see suffering, you know it's the GRI of anxieties is paralyzing or that depression or the sadness is paralyzing. Then I think drugs it can be very helpful, can help you can out of that and that's why there is a role for that. But you need to have the bigger picture in mind.

Lidia: ([26:35](https://www.temi.com/editor/t/NlJOqfJSvVb8Veq5Y1yzc3NYQZnEj_ph6YjMoxi9BOpl33Fb9LFFUMjeNXJWJXhySL7JUC3D9PtdqBe1gT8wU9xzNho?loadFrom=PastedDeeplink&ts=1595.47))
To go back to what you said, it is true that for many people with ADHD, if you take stimulants in that there's a paradoxic cope understanding to the stimulant. The stimulant actually doesn't make you more stimulated or hyper but actually calms you down. So a lot of people with ADHD that takes stimulants. I will say it does help me focus it kind of, I feel like I can relax now. There are people have ADHD and those are often people who also have anxiety that cannot tolerate stimulants or it's not comfortable for them. So then we have to look for other options, medication or not medication. And the same is true with people who don't have ADHD. For them. Sometimes the stimulant keeps them more focused. For some, it may feel more scattered or agitated, are anxious. And touching on what you mentioned and going back to desire is the source of all unhappiness.

Cody: ([27:32](https://www.temi.com/editor/t/NlJOqfJSvVb8Veq5Y1yzc3NYQZnEj_ph6YjMoxi9BOpl33Fb9LFFUMjeNXJWJXhySL7JUC3D9PtdqBe1gT8wU9xzNho?loadFrom=PastedDeeplink&ts=1652.48))
And it's interesting though, when you remember when you're sick, there's only one thing you want, but as soon as you're not sick, you have all these things that you want and then we strive to achieve them. That was connecting back to something you said before, that desire, I mean I'm not quite sure. How are you connecting it to what I said that I would say a lot of suffering is because we want things to be different then what? And maybe when you're sick you have less, you have more concrete goals of just wanting to be healthy, but when you're healthy then there's some other horizons want or something else that you want. So we often keep looking for things to be different or not being quite satisfied with how things are [inaudible]. Even that discrepancy of how things are and how you want them to be can create a lot of suffering.

Lidia: ([28:25](https://www.temi.com/editor/t/NlJOqfJSvVb8Veq5Y1yzc3NYQZnEj_ph6YjMoxi9BOpl33Fb9LFFUMjeNXJWJXhySL7JUC3D9PtdqBe1gT8wU9xzNho?loadFrom=PastedDeeplink&ts=1705.13))
So there's something to be said about acceptance of how things are, even if they're aren't comfortable, it doesn't mean you can't have goals. It doesn't mean that you can't strive to improve your situation, but it's really this tension between acceptance and change and only with like true, even some people say radical acceptance of how things are in this moment or in this period in your life. You can start actually freeing some creativity. Oh, how to change things. But if you are, yeah, Not fully accepting kind of fighting it. Maybe avoiding some feelings about the situation. If you're not fully phasing what is then it's actually could perpetuate this F for me and no, I'd like to share something with you is for a long time I was taking ADHD drugs and the same time of resenting it and now even today I have this innate drive to always be productive and everybody looks at me as wildly successful and in many ways I have achieved a great level of success and it did not come easily.

Cody: ([29:32](https://www.temi.com/editor/t/NlJOqfJSvVb8Veq5Y1yzc3NYQZnEj_ph6YjMoxi9BOpl33Fb9LFFUMjeNXJWJXhySL7JUC3D9PtdqBe1gT8wU9xzNho?loadFrom=PastedDeeplink&ts=1772.57))
And the issue I have today still is if I'm trying to hang out with friends, I still have this voice inside of me that thinks I should be back home working and I grade my days, I rate my days between our one through five, but a huge part of that rating is based on how productive was I that day. And so yesterday for example, I went to the office, I had some great conversations with a lot of great people and it was a good day. Overall, it made me happy because I felt like it was a part of a tribe but I didn't produce anything. I didn't write anything, I didn't produce anything. A longterm output and I suspect that it comes back to when I was a young, when I was a child growing up, I lost my parents and not having the ability to fall back on my parents income or whatnot is that I had this fear that I will either be successful as a solo entrepreneur or I am going to be homeless and I feel that is a drive that has become maladaptive and is is hurting me today.

Lidia: ([30:32](https://www.temi.com/editor/t/NlJOqfJSvVb8Veq5Y1yzc3NYQZnEj_ph6YjMoxi9BOpl33Fb9LFFUMjeNXJWJXhySL7JUC3D9PtdqBe1gT8wU9xzNho?loadFrom=PastedDeeplink&ts=1832.41))
Where I can't go out and enjoy something for the sake of enjoying it and just being alive and being happy. And for the longest time I told myself that I didn't say this, an egoistic perspective that I said to myself and others that I'm not trying to achieve happiness. I'm trying to achieve greatness by having an impact and leaving a legacy, et cetera. But then I realized you can't be happy. You can't do those things without first being happy and having that level of self content and self love. But I'm still at this point today where I struggle with being okay with not being productive and not having an output and just living day to day. I'm wondering if you have any followup questions or if you have any thoughts or feedback. Okay. Yeah, I mean it sounds like you had already had some insight about this.

Lidia: ([31:18](https://www.temi.com/editor/t/NlJOqfJSvVb8Veq5Y1yzc3NYQZnEj_ph6YjMoxi9BOpl33Fb9LFFUMjeNXJWJXhySL7JUC3D9PtdqBe1gT8wU9xzNho?loadFrom=PastedDeeplink&ts=1878.65))
Yeah. You overvalue productivity and that's maybe because of your experience and the feared that you had to face from young age. Right. And oftentimes those young experiences have a lot of power over us. The fear that you have to be productive in order to feel good. And if you're not productive, you it feel incomplete or bad or fearful. Okay, my day was wasted. And so it's that dichotomy, you know, that I think in some ways keeps you fixed in this, you know, am I productive? Am I not? And constantly valuing your day based on that metric. Right? You know, I'm trying to expand that a little bit. Is a good day. Only when it's productive is it passive up to also value connection. Oh, value, recharging and relaxation as important to your wellbeing. So thinking about wellbeing as greater than productivity, because productivity is part of wellbeing. It's important for all of us to be productive.

Lidia: ([32:24](https://www.temi.com/editor/t/NlJOqfJSvVb8Veq5Y1yzc3NYQZnEj_ph6YjMoxi9BOpl33Fb9LFFUMjeNXJWJXhySL7JUC3D9PtdqBe1gT8wU9xzNho?loadFrom=PastedDeeplink&ts=1944.51))
So not throwing it out, but the wellbeing is, it has other dimensions including connection, including time to be relaxed and doing nothing, including time to kind of conserving energy. So when you come back to being productive, you actually maybe have more energy and you insights is the idea as tried as it sounds. You know that vacation vacation can be very productive because you away from what you normally do. And when you come back you can have a new perspective, more energy to tackle those things. You may see things in a new way. So actually being away and leaving something to sit and giving yourself a break from it can be very helpful and still kinda hugs into the productivity thinking. But it might be helpful for those who really have trouble letting go, you know have this feeling I have something has to be leading to something in terms of productivity that reminds me of the book called rest.

Cody: ([33:26](https://www.temi.com/editor/t/NlJOqfJSvVb8Veq5Y1yzc3NYQZnEj_ph6YjMoxi9BOpl33Fb9LFFUMjeNXJWJXhySL7JUC3D9PtdqBe1gT8wU9xzNho?loadFrom=PastedDeeplink&ts=2006.95))
Why you get more done when you work less. And that was a phenomenal book that describes why we need to get more rest and take more vacations. And I've noted many times myself, whenever I go on a short vacation or a trip, I actually have this little mental model now is I realize it, it helps to disrupt the neurons in our brain when we disrupt our typical routines that happen on a day to day basis. And I'll come back and I'll try and use it as an opportunity to replace a bad habit with a good habit because we tend to pick up is more easily once we come back from these trips. But you know, I think so that, you know, that can be helpful. Um, the other part is just really kind of sitting and maybe a meditation or perhaps you, you have the ability to, you know, be in therapy.

Lidia: ([34:16](https://www.temi.com/editor/t/NlJOqfJSvVb8Veq5Y1yzc3NYQZnEj_ph6YjMoxi9BOpl33Fb9LFFUMjeNXJWJXhySL7JUC3D9PtdqBe1gT8wU9xzNho?loadFrom=PastedDeeplink&ts=2056.77))
Just kind of thinking about the fear, Oh, not being productive. How do feeling that fear in a way that it's not overwhelming. And you know, there's this, you know, like in mindfulness, especially if it's start in a Buddhist context, often these lovely stories that really illustrate a point about some of these attitudes that we bring into mindfulness. So you know how you can get over demon, like a few being a D many is you put your head in the mouth of the demon and well realize that as soon as you do it, the demon disappears because you've approached that and you've noticed it doesn't have as much power. So that's kind of analogy of how we deal with these difficult emotions that can be very scary to us. You know, fear. No one wants to heal that. And especially if it's, you know, from a young age it could be really touching into.

Lidia: ([35:16](https://www.temi.com/editor/t/NlJOqfJSvVb8Veq5Y1yzc3NYQZnEj_ph6YjMoxi9BOpl33Fb9LFFUMjeNXJWJXhySL7JUC3D9PtdqBe1gT8wU9xzNho?loadFrom=PastedDeeplink&ts=2116.68))
You know, I'm assuming, I don't know enough about your situation really no in depth, but is there something from the young age that needs to be looked at? Right? Especially with history of traumas and those early traumas. Learning to be kind of your own parent and there's that part, you know, it's not to be kind of a person, but yeah, there's this still that young person within you and learning to say, I went to visit that myself at that age. What would I say to that person? Or how could I give them compassion or some sense of protection or feeling like I'm here for you. So that's something that's, you know, we do in therapy is that, and the therapists can model that and can help you connect with that to say, but it can be done in meditation as well. You know, what is this younger feeling?

Lidia: ([36:09](https://www.temi.com/editor/t/NlJOqfJSvVb8Veq5Y1yzc3NYQZnEj_ph6YjMoxi9BOpl33Fb9LFFUMjeNXJWJXhySL7JUC3D9PtdqBe1gT8wU9xzNho?loadFrom=PastedDeeplink&ts=2169.56))
That's coming up telling me, you know, there's so part of me perhaps that is scared, afraid of losing everything and there's this other part of me, the current time part of me that says, Hey, you're successful. You have means you could relax but that, well not work, maybe works only sometimes and then you still sent back into the fear because there is that younger part that you really need to feed with compassion with love. Hmm. That relates to, I'm a, I'm a big fan of transactional analysis, which it's a, it's a psychoanalytical theory. Uh, I believe it also relates to therapy where it examines a person's ego States and it typically relates to social interactions about whether the person is approaching it from a parent, a child or an adult like behavior. And I found that so interesting. Not only in terms of analyzing a, another person's responses and I had been able to do that looking at employees and friends and seeing how they responded as if they were that it was coming from their inner child.

Lidia: ([37:12](https://www.temi.com/editor/t/NlJOqfJSvVb8Veq5Y1yzc3NYQZnEj_ph6YjMoxi9BOpl33Fb9LFFUMjeNXJWJXhySL7JUC3D9PtdqBe1gT8wU9xzNho?loadFrom=PastedDeeplink&ts=2232.78))
And then to also be able to do that to my own self, to be able to ask, you know, not only why did I react so angrily, but what was the emotion that came up with that? Yeah. So those are very much related. No for people who have trouble really overcoming feelings. I think working with somebody else can be helpful, especially when there's trauma history. Working with a therapist can be quite helpful. And my personnel journey, I lost a parent at age 14 so you know, it's different than losing two parents and that's in many ways easier I think in your experience. But it was very traumatic to me as well. And so I a lot of inner work, it's like a therapy, journaling meditation to try to kind of understanding a lot of art too. You know, drawing and art and reflecting an art was really, and keep from me understanding that those interstates and getting you information too, because you can only understand so much kind of on this, on the surface, this cognitive level I was about to ask as a second question is there's often when if we're a child and you get bitten by a dog and then all of a sudden you have this lifelong fear of dogs and then we all are somewhat familiar with this idea of having intermittent level of, you know, move having a dog and having it be closer and closer to us, you know, and then petting at one day or being close to it.

Cody: ([38:39](https://www.temi.com/editor/t/NlJOqfJSvVb8Veq5Y1yzc3NYQZnEj_ph6YjMoxi9BOpl33Fb9LFFUMjeNXJWJXhySL7JUC3D9PtdqBe1gT8wU9xzNho?loadFrom=PastedDeeplink&ts=2319.76))
Right. And we have that slow introduce to the dog so that we can overcome that fear. And there's another example is that, say I'm at a coffee shop and I order a coffee and I wanted it ice and then she gives a me a hot and then I go berserk and I yell at her and all these things and we, you know, maybe we'll look at that person. We'll say that, Oh, he just, he has anger management issues. But in reality maybe it was because it was his wife who he hated for years and she made him a cup of coffee, not the way he wanted it, you know, 10 years ago. And he's held that in, you know, how do you recognize that you're reacting and you have an emotion that is not specific to that situation, right? It's coming out of your subconscious and you don't know it's there.

Lidia: ([39:27](https://www.temi.com/editor/t/NlJOqfJSvVb8Veq5Y1yzc3NYQZnEj_ph6YjMoxi9BOpl33Fb9LFFUMjeNXJWJXhySL7JUC3D9PtdqBe1gT8wU9xzNho?loadFrom=PastedDeeplink&ts=2367.68))
Yeah. And I think it's hard to it because oftentimes these things happen automatically. So there and mindfulness for all, we talk about being on this automatic Highland and strong emotions, strong reactions like put your right in there and you can within, you know, milliseconds be really responding in a way that doesn't make sense in this situation. But it's, it's driven by your prior experience. And so you start recognizing it when the intensity and how you are like in checking into your body. Like if you're getting really tense, Oh really? Tense to what the situation is. Or even you feel like I should be relaxed here. This is not a big deal. I am not, you know, that is a first clue in a way to say maybe something else is happening here. What else is happening to me? What kind of trigger maybe being set off right now?

Lidia: ([40:22](https://www.temi.com/editor/t/NlJOqfJSvVb8Veq5Y1yzc3NYQZnEj_ph6YjMoxi9BOpl33Fb9LFFUMjeNXJWJXhySL7JUC3D9PtdqBe1gT8wU9xzNho?loadFrom=PastedDeeplink&ts=2422.75))
So I think the body scanning the body, noticing your breathing, is it faster? Is it more you feeling more chances, there's tension in your draw. Those are kind of huge to us because the body can know something before you know it cognitively, right? Consciously the subconscious can really sort of start percolating and how your body is, maybe you have a knot in your stomach to those body cues. The body sensations are really important to pay attention to. And so I used to have panic attacks and I would get panic attacks thinking that I was about to die and it would come on by and maybe something I ate. And so, so now for example, I don't eat a lot of carbs but I w I noticed like at some point I ate a lot of carbs and I had a high heart rate. And then I had this little thought like maybe it's because I'm having a heart attack or something.

Cody: ([41:16](https://www.temi.com/editor/t/NlJOqfJSvVb8Veq5Y1yzc3NYQZnEj_ph6YjMoxi9BOpl33Fb9LFFUMjeNXJWJXhySL7JUC3D9PtdqBe1gT8wU9xzNho?loadFrom=PastedDeeplink&ts=2476.66))
And then that seemed to create this roller coaster effect where it shot adrenaline through my body and then I all of a sudden had this feedback cycle and I'm getting that in my heart beating really, really fast and my blood pressure is really fast. And so I must be having a heart attack or something. And even though I knew it wasn't the heart attack symptoms, and so I went through this period of having this high anxiety and it would always be, I would start to recognize that I would recognize this flushing feeling. And now today if I have that flush feeling, I know, okay, that's the adrenaline being released in my body and I'm going to have a high heart rate. That's nothing to be concerned about. But it took me years to get to the point where I could recognize actual adrenaline being released into my body to then consciously say, okay, my heart's going to be fast.

Lidia: ([42:07](https://www.temi.com/editor/t/NlJOqfJSvVb8Veq5Y1yzc3NYQZnEj_ph6YjMoxi9BOpl33Fb9LFFUMjeNXJWJXhySL7JUC3D9PtdqBe1gT8wU9xzNho?loadFrom=PastedDeeplink&ts=2527.61))
That's going to be okay. And even going through CBT books and there's are some phenomenal CVT books. I'm wondering even if you can recommend some, and one in particular that would dealt with people who have panic attacks. And the thing that I stick to is it gave actual facts about the fact that the human heart can beat ads like 250 heartbeats permitted for like 20,000 hours or you know, a ridiculously long period of time at a very high heart rate and it's still going to be structurally sound. And so in some ways I use the knowledge that I've learned along with the recognizing the emotions and the feelings that come up to then sort of label what that is and to not let myself go down that rabbit hole of, of thoughts. Yeah. That's a nice example of how you said the, the thoughts can kind of get you into a rabbit hole and there may be and this comfort or, and biological shift or maybe there's something that's happening that's stressful and yet how we react to it, how we interpret it, um, it makes a huge difference.

Lidia: ([43:16](https://www.temi.com/editor/t/NlJOqfJSvVb8Veq5Y1yzc3NYQZnEj_ph6YjMoxi9BOpl33Fb9LFFUMjeNXJWJXhySL7JUC3D9PtdqBe1gT8wU9xzNho?loadFrom=PastedDeeplink&ts=2596.36))
How we understand that makes a huge difference. And you know, there is a saying in mindfulness teaching that you know, pain is inevitable and I would say discomfort or some stress is inevitable. Okay. Suffering is optional. Meaning the suffering is what we make a bet. Like we have to put up with pain. And it sounds like we have opinions. Yes, there's some suffering with that, but we often amplify what's happening through our thoughts, through our catastrophizing in our mind. Maybe not understanding what this means or making a story about what this means about me or about the world. That becomes bigger and scare then, okay, it's actually happening in it. yeah, that's often how we, you know, we would approach something like panic attack is to try to help me understand a little bit more so it's not so scary and you don't have to make more scary story in your mind about it.

Lidia: ([44:14](https://www.temi.com/editor/t/NlJOqfJSvVb8Veq5Y1yzc3NYQZnEj_ph6YjMoxi9BOpl33Fb9LFFUMjeNXJWJXhySL7JUC3D9PtdqBe1gT8wU9xzNho?loadFrom=PastedDeeplink&ts=2654.93))
And that's, you know, that's, that's an analogy for anything in our life. And certainly this also happens when we make stories about ourselves, how awful we are or what this means to fail. Oh. When we let other people's, you know, criticism and, and maybe bullying get to us and almost take it, you know, that their voice become our own voice. So it's really questioning the thoughts, questioning the stories we tell ourselves and they having some space from it first and saying, these are thoughts. Can I witnessed them? Can I see them? And then they can trace it about it. And I really love that quote by Blaise Pascal. All of man's problems arise from being unable to be in a room alone by themselves. And I think it speaks volumes to the anxieties and the, the never ending runway of thoughts that we have in the inability to be mindful about our thoughts to at, to have a certain level of metacognition and analyzing where do our thoughts come from?

Lidia: ([45:17](https://www.temi.com/editor/t/NlJOqfJSvVb8Veq5Y1yzc3NYQZnEj_ph6YjMoxi9BOpl33Fb9LFFUMjeNXJWJXhySL7JUC3D9PtdqBe1gT8wU9xzNho?loadFrom=PastedDeeplink&ts=2717.91))
And just like even in politics today, where so many people are influenced and by social media where they go into their safe zones, into their bubbles. And it was also interesting, even a hundred years ago, back in the 17 when they invented the printing press was that there was concerns that this was going to influence people in negative ways as well. But when it comes to, or I guess the idea of being objective with your thoughts being an observer. So apart from meditation, I know you would recommend meditation to anybody who's listening. And I'm wondering, it's sort of a two part question is how much meditation do you think somebody needs to do, or even if it's not meditation, what kind of mindfulness activities should somebody start? And the second question relates to other alternative activities. Like I've done a flotation tanks and that's if you have any interesting thought on that.

Lidia: ([46:13](https://www.temi.com/editor/t/NlJOqfJSvVb8Veq5Y1yzc3NYQZnEj_ph6YjMoxi9BOpl33Fb9LFFUMjeNXJWJXhySL7JUC3D9PtdqBe1gT8wU9xzNho?loadFrom=PastedDeeplink&ts=2773.69))
So meditation and what are some other techniques to help people with mindfulness? Okay. Yeah. So you know, meditation is a good way to start and at the same time it's challenging. It can be difficult to incorporate into your life. So I often recommend to people to have some experience with meditation if they can't do it on their own by listening to an app or maybe going to class, no signing up for which weed because that's like going away for certain amount of time. You're in a different environment. He had the support of that group. You have the teacher, you get to kind of have this experiment of what is it like to be in meditation for, you know, several hours a day. [inaudible] oftentimes it's just a silence. What is it like to be disconnected and silent for whether it's, you know, two days, maybe just even a day or you know, a week.

Lidia: ([47:10](https://www.temi.com/editor/t/NlJOqfJSvVb8Veq5Y1yzc3NYQZnEj_ph6YjMoxi9BOpl33Fb9LFFUMjeNXJWJXhySL7JUC3D9PtdqBe1gT8wU9xzNho?loadFrom=PastedDeeplink&ts=2830.01))
I think it's good to have that kind of experience, almost like a little meditation bootcamp experience, but is that difficult or it doesn't appeal to someone just starting where you can and maybe it is just five minutes of listening to a guided meditation or joining a class for eight weeks and just it out this way. But I am a firm believer in what's called informal practice of mindfulness, which is having these brief moments we've shipped in the course of your day, anywhere, anytime, whatever you doing, just shifting to be more aware of what's happening in that moment. Yes. Yeah. And I think that's actually from my experience, that's the practice that really sticks with those who have ADHD, who may have trouble, you know, being consistent with, uh, any routine including meditation routine and meditation can feel quite boring in a versa. Just sitting still.

Lidia: ([48:05](https://www.temi.com/editor/t/NlJOqfJSvVb8Veq5Y1yzc3NYQZnEj_ph6YjMoxi9BOpl33Fb9LFFUMjeNXJWJXhySL7JUC3D9PtdqBe1gT8wU9xzNho?loadFrom=PastedDeeplink&ts=2885.36))
So having these brief informal moments of curiosity of saying, actually asking yourself, you know, well, can I notice in this moment a little differently? And also what can I notice about what's happening inside? Because so much of our attention is externally driven and taken away from our own inner experience that, you know, we have to be more intentional about moving inward and saying, you know, what am I noticing inside about my body, about my breasts? And also my thoughts and feelings in this moment. So just doing that little shift, you know, and, and having maybe reminders, you know, having sticky notes or having reminder on your calendar, alright, on your fridge that says present moment or if that doesn't, you know, there's this little acronyms and mindfulness practice I really like for example, the stop, it's just, you know, each letter tells you a little bit about how to be mindful. So stop. So pause T is take a breath, observe and then proceed, you know, with your day. So just stop and observe, stop and notice and again, notice what's inside and those brief moments can really add up. Right?

Cody: ([49:22](https://www.temi.com/editor/t/NlJOqfJSvVb8Veq5Y1yzc3NYQZnEj_ph6YjMoxi9BOpl33Fb9LFFUMjeNXJWJXhySL7JUC3D9PtdqBe1gT8wU9xzNho?loadFrom=PastedDeeplink&ts=2962.32))
That really reminds me of a first sort of traveling and I was only able to get myself to travel when I told the story I told myself was that I was going to be a photographer and learn photography and I w I went to Guatemala and these countries and I, I was always in this mode of like, okay, what's the best shot? I've got to get the shot? Oh, the sun's setting, or I've got to be out and doing a long exposure, et cetera. And it was a long time before there was a moment of realizing that I'm not remembering these moments that I'm just trying to, that's the picture. And the time that I remember to implement a mindfulness activity is I was on the coast of, of San Francisco on the beach, and the sun was setting and I was taking a beautiful shot in this absolutely gorgeous scene with birds and people walking on the beach. And I stepped away from the camera on the tripod and I just looked around me and I remember the wind on my skin. I remember the beautiful flash of the orange lights and the breeze and the people walking. And I remember that image so vividly because I took a moment away from this mode that I was in to appreciate moment

Lidia: ([50:28](https://www.temi.com/editor/t/NlJOqfJSvVb8Veq5Y1yzc3NYQZnEj_ph6YjMoxi9BOpl33Fb9LFFUMjeNXJWJXhySL7JUC3D9PtdqBe1gT8wU9xzNho?loadFrom=PastedDeeplink&ts=3028.07))
and problem is that we often don't take these times to be mindful. And one of Tim Ferris's books Tribe of Mentors. He came to the conclusion that many of the most successful high performer people, they all have some sort of mindfulness routine. And not everyone meditates. But at the very minimum, the one that I remember and that I've incorporated on top of my existing meditation routine is to try and have one conscious breath a day. And now I do that multiple times even in this conversation where I've been able to just have this conscious breath and I implement a little bit of the body scan technique that I learned through the Headspace app where I feel all parts of my body and I ask myself as quickly as I can, what am I feeling, what hurts, what is good? And yeah, it's, it's been a helpful thing.

Lidia: ([51:19](https://www.temi.com/editor/t/NlJOqfJSvVb8Veq5Y1yzc3NYQZnEj_ph6YjMoxi9BOpl33Fb9LFFUMjeNXJWJXhySL7JUC3D9PtdqBe1gT8wU9xzNho?loadFrom=PastedDeeplink&ts=3079.13))
And I would certainly say start out with sticky notes in a way where, uh, and so in some cases you might have to put a sticky note just like you need to remind yourself to put the keys away. And you mentioned when you pick that up and then it just becomes a part of your routine that just kind of bubbles up throughout the surface. Right. Great. Yeah, I very much agree. And you know, one breath and especially taking a conscious breath before something important can be really helpful. Like in my work with physicians or residents, we often tell them know before you meet your patient, before you entered the room, take a one conscious breath because as you could imagine, you know, healthcare settings are very hectic, very easy to be stressed and very easy to be kind of caught up in what's next when I'm supposed to be doing and in your mind.

Lidia: ([52:08](https://www.temi.com/editor/t/NlJOqfJSvVb8Veq5Y1yzc3NYQZnEj_ph6YjMoxi9BOpl33Fb9LFFUMjeNXJWJXhySL7JUC3D9PtdqBe1gT8wU9xzNho?loadFrom=PastedDeeplink&ts=3128.31))
So having these, we've kind of anchoring moments in your body and your grasp and then maybe I'll say intentionally shifting to relax a little bit can change how you interaction goes the next person. And you know, you were talking about being in the beautiful scenery and not remembering it as much because you were so focused maybe in your mind in terms of planning and kind of analyzing how to get the best shot, but connecting with senses. Right. I love the sense of, of seeing, feeling the wind or smelling the air. Our senses are kind of an antidote of being caught up in your mind. If we could just say posing the question, like what can I notice? Oh, I bet more with my senses right now that can really help shift into being more aware and then their activities that kind of naturally do that to us.

Lidia: ([53:00](https://www.temi.com/editor/t/NlJOqfJSvVb8Veq5Y1yzc3NYQZnEj_ph6YjMoxi9BOpl33Fb9LFFUMjeNXJWJXhySL7JUC3D9PtdqBe1gT8wU9xzNho?loadFrom=PastedDeeplink&ts=3180.27))
And being in nature like gardening or going for a walk, Ken, one more kind of automatically sure. Connect with your senses and be more present. Right. There's a lot of research that just taking a walk in nature and there's a great book on audible that was released about a group that takes people who are in, typically the soldiers who have PTSD and they go and they go for three days and apparently three days of being in nature is enough to help reset and to lower stress and to potentially help remove PTSD as a fact or from their life. Yeah, I know. I, I believe that nature is like a net mindfulness inducer. Right? And also you can, as you are in nature, even enhance that if you intentional about it. And if you go for a walk instead of just thinking about what happened yesterday or what's gonna happen tomorrow, if you really made the intention, I really want to feel though end or I want to notice, you can even enhance it more.

Lidia: ([54:02](https://www.temi.com/editor/t/NlJOqfJSvVb8Veq5Y1yzc3NYQZnEj_ph6YjMoxi9BOpl33Fb9LFFUMjeNXJWJXhySL7JUC3D9PtdqBe1gT8wU9xzNho?loadFrom=PastedDeeplink&ts=3242.82))
But oftentimes, you know, you go on a walk, you don't think about mindfulness and yet you shouldn't to being more present because nature, and there's a great website, bloggers name is Derek Sivers and he wrote this blog post about how he would always go on a bicycle ride on the Santa Monica boardwalk. They always like try and he would rush, he would pedal really fast and he would just forget and then time would fly. And one day he changed to where he decided not, he's not going to pedal super fast and he was able to observe everything around him. He was able to appreciate that bike ride more. And I run here in downtown Austin. It's a beautiful Lake and a beautiful trail and you just, sometimes I would just get in this mode where I just, I just started listening to a podcast or an audio book and I just do my run as if it's exercise and now there's a particular part that has these beautiful trees overlay and at least through that one section I try, I stopped the podcast or whatever I'm listening to and I just look at the trees and I look at the nature and the beauty and I always smile at the end of it and it just makes me appreciate life and being alive a little bit more than just having this exercise routine where I'm just exercising because I'm told I need to exercise.

Lidia: ([55:15](https://www.temi.com/editor/t/NlJOqfJSvVb8Veq5Y1yzc3NYQZnEj_ph6YjMoxi9BOpl33Fb9LFFUMjeNXJWJXhySL7JUC3D9PtdqBe1gT8wU9xzNho?loadFrom=PastedDeeplink&ts=3315.27))
But taking that moment right to appreciate that. And I think simply take more moments to appreciate who we are, where we are, the things we do have, and put aside all the things that we wish we had, then we can live a happier and more productive life. Yeah. I think it really can shift from stress to these moments of connection, contentment, you know, more joy in your life. you were asking me what are different activities other than meditation that can get you there to be more mindful and you know, we're touched on being in nature. I think that's a big one. But you know, anything can be a mindfulness practice. You could do that when you have children for example, chilling. It has a nice way of kind of seeing things in a new way and maybe waking you up two, shifting maybe out of your own assumptions.

Lidia: ([56:05](https://www.temi.com/editor/t/NlJOqfJSvVb8Veq5Y1yzc3NYQZnEj_ph6YjMoxi9BOpl33Fb9LFFUMjeNXJWJXhySL7JUC3D9PtdqBe1gT8wU9xzNho?loadFrom=PastedDeeplink&ts=3365.77))
It could be being with you pet and just really enjoying and feeling petting your pet. You can connect with your senses anywhere in fact. But it could also be activities like doing art or writing that when you are a little bit more kind of attuned to what's happening for you or maybe what's coming up. You know, what, um, like kind of connecting with the thoughts or the feelings that perhaps otherwise are not as present when you busy and doing things. You know you were mentioning flotation tank, I've never done that. But I think whenever you kind of disorient yourself or are you in a new environment when you don't have access to the typical mode of being is a way to kind of open you up to have this openness and curiosity too. What's happening moment by moment.

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And in your, you mentioned E mindful.com and I think you also touched on transcendental meditation and I know that there's tm.org and then there's a, another form of meditation, uh, transit, dental. And I think that's TM.

Lidia: ([57:13](https://www.temi.com/editor/t/NlJOqfJSvVb8Veq5Y1yzc3NYQZnEj_ph6YjMoxi9BOpl33Fb9LFFUMjeNXJWJXhySL7JUC3D9PtdqBe1gT8wU9xzNho?loadFrom=PastedDeeplink&ts=3433.5))
Uh huh.

Cody: ([57:14](https://www.temi.com/editor/t/NlJOqfJSvVb8Veq5Y1yzc3NYQZnEj_ph6YjMoxi9BOpl33Fb9LFFUMjeNXJWJXhySL7JUC3D9PtdqBe1gT8wU9xzNho?loadFrom=PastedDeeplink&ts=3434.2))
Do you have any recommendations about where people should go to learn more about meditation or the specific types of meditation or groups and activities?

Lidia: ([57:23](https://www.temi.com/editor/t/NlJOqfJSvVb8Veq5Y1yzc3NYQZnEj_ph6YjMoxi9BOpl33Fb9LFFUMjeNXJWJXhySL7JUC3D9PtdqBe1gT8wU9xzNho?loadFrom=PastedDeeplink&ts=3443.21))
So there are different kinds of meditation and mindfulness is just one kind and TM is a different kind. There's Kundalini yoga, meditation, you know, Christian meditation, there's secular meditation, there's more than this religious, the context, there's Buddhist meditation. So really, you know, it depends on kind of what you're seeking now are different places. You can find that when it comes to the difference between mindfulness and TM. There's some overlap that you may be training this awareness more, but you go about it differently. And TM, often we'll use mantras or words that you would to get you to somewhat of a transcendental altered state. Mindfulness is more about awareness and presence. So depends of what you're are looking for. Both we'll train attention, Oh or primarily focus attention. Mindfulness will also train receptive attention. So more of what I know is mindfulness meditation field and you can find classes through MBSR.

Lidia: ([58:27](https://www.temi.com/editor/t/NlJOqfJSvVb8Veq5Y1yzc3NYQZnEj_ph6YjMoxi9BOpl33Fb9LFFUMjeNXJWJXhySL7JUC3D9PtdqBe1gT8wU9xzNho?loadFrom=PastedDeeplink&ts=3507.48))
So looking for mindfulness based stress reduction classes in your area at university of Massachusetts has a directory of teachers who are trained by them. And that's a nice place to find people who, you know, a good teachers. There are also lots of apps these days. Uh, I do like a Headspace. I do like stop, breathe and think. I like calm. But there's lots of other ones. So just finding the one that works for you that are many, many books often come with CDs in the back that could kind of help you, guide you through meditation. So those are some ways of finding mindfulness instruction, you know, with mindfulness. And ADHD. I do have a Facebook site post, some quotes and other information related to ADHD and mindfulness. So that's in other way somebody wants to connect it to it more the work I'm, which is typing mindfulness and add ADHD and Facebook will bring you there.

Lidia: ([59:27](https://www.temi.com/editor/t/NlJOqfJSvVb8Veq5Y1yzc3NYQZnEj_ph6YjMoxi9BOpl33Fb9LFFUMjeNXJWJXhySL7JUC3D9PtdqBe1gT8wU9xzNho?loadFrom=PastedDeeplink&ts=3567.3))
And you know, certainly I wrote a book called the mindfulness prescription for adult ADHD. So that's a resource that there was a another cycle. Oh totally add, which I really like. It's a run by a comedian from Canada that has lots of information about add and ADHD in a sort of quick funny video clips that you can learn a lot. But they also have some resources and mindfulness and how to use mindfulness when you have ADHD. So those are kind of the main things that come to mind right now. But certainly mindfulness has grown so much. what, what are you favorite ones for mindfulness?

Cody: ([01:00:06](https://www.temi.com/editor/t/NlJOqfJSvVb8Veq5Y1yzc3NYQZnEj_ph6YjMoxi9BOpl33Fb9LFFUMjeNXJWJXhySL7JUC3D9PtdqBe1gT8wU9xzNho?loadFrom=PastedDeeplink&ts=3606.66))
So I started out with Headspace and then moved on mostly to a YouTube video that where you type in 20 minute music meditation and it is Buddhist monks chanting. I never really got into UTM of the fact of, you know, I think I just, I'd never went to a retreat and I've never actually tried to involve myself in that and I feel like I should do, it's something I do want to try, but there's just something about the act of having a mantra of having to exhale and say it and then breathe in and then do it again. Although I know that is probably a aspect of that particular type of meditation, but for the most part I really like the idea of Headspace and that you can choose different themes and he will have an intro that will give you cause for thoughts on what you should be considering or trying to be more mindful of throughout the day.

Cody: ([01:00:58](https://www.temi.com/editor/t/NlJOqfJSvVb8Veq5Y1yzc3NYQZnEj_ph6YjMoxi9BOpl33Fb9LFFUMjeNXJWJXhySL7JUC3D9PtdqBe1gT8wU9xzNho?loadFrom=PastedDeeplink&ts=3658.35))
But I do recognize at the end of the day be have meditation is simply the act of doing nothing and in some ways you can rely on tools too much or you can get the muse headband, which I wrote an extensive article and I asked some, I asked a psych, I asked a neurologist and a Buddhist monk in the article about what their thoughts on it were and I feel like in some ways it can be a a crutch and that you're relying say on a third party machine that's analyzing your brainwaves to tell you whether or not your in the zone per se, which in some ways I feel like the feats, the very act of trying to be mindful, but I think in the end it's still more beneficial than not doing it in the first place. But probably the most beneficial aspect of my meditation routine is that I try and do a great gratitude exercise at the end of that. At the very least where I think about everything I have on my life to success and it fills me with this warm, bubbly feeling like we're where they have the version of the meditation where you imagine that you have the ball of sun in your center and you imagine that expanding outward. And for me, I imagine that with the gratitude and it's just such an amazing feeling to be overwhelmed where you get the goosebumps and you just feel

Lidia: ([01:02:20](https://www.temi.com/editor/t/NlJOqfJSvVb8Veq5Y1yzc3NYQZnEj_ph6YjMoxi9BOpl33Fb9LFFUMjeNXJWJXhySL7JUC3D9PtdqBe1gT8wU9xzNho?loadFrom=PastedDeeplink&ts=3740.16))
so grateful and that I love that I would not trade that for the world to be able to do that. Yeah, I mean I think, you know what resonates with me is that in mindfulness there's so many different ways practice. There's a lot of variety of practices, whether it's sitting, walking, and each practice can be done differently. You can do it while you use words, like as you're breathing, you could say, I'm breathing in, I'm breathing out. You could just silently watch. You can put your hand and your belly and feel you breath at that way too. You can walk in once you breath. So there's many different ways to do it. You can also then apply awareness, body and your breath. You can also, you know, have the intention of being more with your thoughts and your emotions and maybe go back to your breath when you get too lost in it.

Lidia: ([01:03:14](https://www.temi.com/editor/t/NlJOqfJSvVb8Veq5Y1yzc3NYQZnEj_ph6YjMoxi9BOpl33Fb9LFFUMjeNXJWJXhySL7JUC3D9PtdqBe1gT8wU9xzNho?loadFrom=PastedDeeplink&ts=3794.82))
And you can also bring awareness of these positive emotions and really practice that because negative emotions will come and you know, it's important to learn to be with them and to learn from them. But we also need to learn how to connect more intentionally with positive emotions. Things like gratitude, which you mentioned or compassion. Self-compassion is such a key, I think for all of us. And especially for those who have had traumas or difficulties or you know, in some ways felt good friend or had suffering and maybe were those who are very hard and themselves to self-compassion pieces. Such a key. So learning how to saying that to yourself. What if I were more compassionate to myself in this moment? Can I connect with that? And there's also, you know, kind of guided practices that can get you there. So I think that, you know, those are the key things that to kind of two, I think it's important for someone to say, what resonates with me can I do you know, what is a good fit for me in terms of the practice and know that if that there's not one right way of doing mindfulness.

Lidia: ([01:04:27](https://www.temi.com/editor/t/NlJOqfJSvVb8Veq5Y1yzc3NYQZnEj_ph6YjMoxi9BOpl33Fb9LFFUMjeNXJWJXhySL7JUC3D9PtdqBe1gT8wU9xzNho?loadFrom=PastedDeeplink&ts=3867.04))
Hmm. Right. And I absolutely loved your book and even if you do not have ADHD, the book is very helpful. And you touched on managing your emotions and achieving your goals. Two things that I'm afraid we just didn't have time for in this specific episode, but I would love to have you back on. But now that we're at near the end, I'm wondering, are there any questions I didn't ask that I should have asked? Well, first of all, I would love to come back and have a conversation again. You know, I think you've covered a lot. I would say just as a, as one thing to say about mindfulness is that it's not easy. You know that we can have great intention to do it. We can have excitement about it. We can be good about practicing for some time and then it sort of stops.

Lidia: ([01:05:16](https://www.temi.com/editor/t/NlJOqfJSvVb8Veq5Y1yzc3NYQZnEj_ph6YjMoxi9BOpl33Fb9LFFUMjeNXJWJXhySL7JUC3D9PtdqBe1gT8wU9xzNho?loadFrom=PastedDeeplink&ts=3916.9))
We get busy or we, you know, we stopped practicing often when we really need it. When it's, you know, stressful time or do you maybe need to face something in your life that you actually, that's the time when you stop practicing and just having kindness to yourself about that process and patience with yourself, with that process and knowing that you can always come back. You can always begin again. I think that's important. So, you know, mindfulness doesn't become an kind of a thing that you dread or you feel like I failed added or, you know, I tried it, it didn't work for me. Like having, I think curiosity is the key here. Like being curious. Can I come back to it? Can I try it again? Can I somehow explore it more? That's perfectly well said. Thank you again for being on the podcast. Lydia, thank you so much for having me. I really enjoyed it.