

Brain Bites - The Suess-ism of Under Performance in the Workplace and Life – July 2010

Category - ADD or ADT (Attention Deficient Trait)

“There is great sorrow in the land of Yester-Morrow...but alas, much space awaits in the place, called Now.” Your awareness and breath will take you there.

Lamenting over the past and worrying about the future (yesterday and tomorrow), blocks us from our ability to effectively and joyfully create the here and now.

Zoning out the present and detouring into the ‘Land of Yestermorrow’ is a self-preservation technique used to defend against the overwhelm most people experience due to the demands of daily life.

A recent Harvard Business Review article titled, ***Overloaded Circuits: Why Smart People Underperform*** says that frenzied executives who fidget through meetings, lose track of their appointments, and jab at the "door close" button on the elevator aren't crazy -- just crazed. They suffer from a newly recognized neurological phenomenon that well-respected author and psychiatrist, Edward M. Hallowell calls **Attention Deficit Trait**, or ADT - a response to the hyperkinetic environment in which we live.

This behaviour has become an epidemic in today's organizations. When a manager is desperately trying to deal with more input than possible to manage, the brain and body get locked into a reverberating circuit while the brain's frontal lobes lose their sophistication. The result is black-and-white thinking; perspective and shades of gray disappear.

People with ADT have difficulty staying organized, setting priorities, and managing time, and they feel a constant low level of panic and guilt. It is possible to control ADT by engineering one's environment and one's emotional and physical health.

The article recommends scheduling a "human moment" every few hours – such as face-to-face exchanges, getting adequate sleep, eating healthy food, and partaking in regular exercise. As well, break down large tasks into smaller ones, keep a section of your work space clear, have a portion of your day free of appointments and e-mail, and of course, at Brain Works Global Inc., we recommend you do quick, easy and effective Cognitive Fitness Movements, like Brain Gym® to create Whole Brain Connection for such skills as mental clarity, better choice making and the ability to focus!

Interesting to note that just as Attention Deficit Trait (ADT) is now being recognized as a key underperformance issue in the work place, it is already acknowledged as part of our daily life and classroom issues, we're just using different names such as ADD and ADHD.

Cognitive Fitness breaks, such as Brain Gym® will directly impact underperformance issues, participation, and confidence in the workplace. As well as short term memory, which can be impacted by overwhelm in everyday life situations. For example, have you ever been driving somewhere and cannot remember how you got there. Or, when you call someone but you forget who you dialled, so you hope that you will recognize their voice before you have to say hello. Or how about, when you're in the middle of a conversation with a peer at work and you're about to make a key point and it completely leaves your mind. Sound familiar?

Since our lives are filled with pre-programmed agendas and responsibilities. It's easy to reach and maintain an overly busy state, continue to do what we've always done and get the same mediocre results over and over. Since the primary objective of the brain (fight or flight) is safety, most people will avoid leaving their comfort zone, yet true success comes from taking risks, making change and creating new perspectives.

Ultimately, living from a place of underperformance, whether it's in the workplace, classroom or life is neither fun nor fulfilling, yet people continue to do it all the time. Ironically, the change can be simple and easy.

Typically, during the warmer months of summer, families take holidays, (Holy Days) – time to slow down, listen, reflect and spend time outdoors, in nature.

For cottagers, this is when the dial of the sunrise and the sunset replace the need for a wristwatch. Rather than being run by a tight schedule, folks will allow themselves to notice and follow what they are intuitively drawn to, what makes them feel content and relaxed, rather than the mechanics of one's tightly wound schedule.

Tools such as Brain Gym® can be used anywhere, anytime, by all ages, to shift from the Rat Race to a Self Pace that fosters and nurtures oneself, others and the environment during every season of the year!

Once Cognitive Fitness is part of your daily routine, you will have the simple, fun and effective practical tools to upgrade the old Sues-ism and say, "I used to live in a Land called Yester-Morrow, where people suffered from ADT, ADD, ADHD and experienced great sorrow...now I have a Cognitive Fitness routine, with super highways running everywhere in my being. From my head to my toe, from my heart to my sole, I am happy, present and naturally keen!"

Come Join us for one of our community workshops or bring us to your organization for Brain Gym® for Business training or to enhance your Staff Retreat Day. Make the decision to exercise your brain and become Cognitively Fit!

Jill Hewlett and Sharon Todd are both Licensed Brain Gym® Trainers and *Cognitive Fitness Experts*. Their company, Brain Works Global Inc., train clients on how to maximize their learning potential while working in conjunction with their individual goals.

They provide keynotes, in house training, and sponsored events to a wide range of organizations, schools and the community. For more information go to <http://www.brainworksglobal.com> or call 905.830.6902.