

HOW BRAIN GYM HELPED ME WITH ADHD

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My name is Raymond and I'm twelve years old. In 2004 my family moved from Haddonfield, New Jersey, to where we currently live in Pennsylvania. I have an older and a younger brother as well as an older sister. I'm writing this article to help other children who may have been diagnosed with Attention Deficit Hyperactivity Disorder (ADHD). I want them to know that there are options other than medication that can help them.

To those children, I say: If you're willing to spend the time to do some fun work, you can take responsibility for yourself and this condition. And if you do this, I'm positive that you'll feel better about yourself and how you act.

From the time I was little, I always knew I was different from my friends. I was never able to stay in one place or to concentrate for very long. I found it hard to stay on task with most of my work. In the classroom, I wasn't able to sit still and I didn't know why.

IF YOU'RE WILLING TO SPEND THE TIME TO DO SOME FUN WORK, YOU CAN TAKE RESPONSIBILITY FOR YOURSELF AND THIS CONDITION.

FINDING IT HARD TO LISTEN

I felt I had no control over my emotions or my actions. I was disrespectful to my parents and found it really hard to listen to what they said to me. When I played with my friends, even though I never meant to hurt them, I was physically rough with them. When I went to bed at night I would feel guilty about the things I did. I knew they were wrong, but felt I had no control over what my mind and body were doing. It was hard to do the right thing and make good decisions for myself.

My older brother and sister were always yelling at me, and I heard them tell my mom there was something wrong with me. That made me feel horrible about myself, and I felt like I didn't belong. Whenever I was around them, I thought I couldn't do anything right. They were always saying mean things to me and about me.

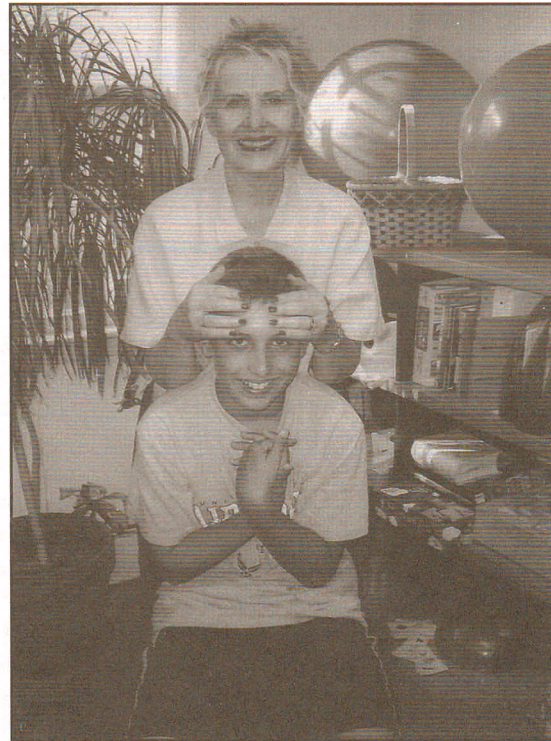
My mother and I had many talks about my behavior. She would tell me to do something and I would do the exact opposite. Sometimes I just ignored her. At other times I really listened, but I had let my condition take over so much that I couldn't break free and didn't know what to do. I knew I was a good boy but I didn't know how to act like one.

My mother took me to a doctor for some tests. The doctor said I had ADHD and that medication would help me. I was medicated for a very short period of time. While I was medicated, I felt depressed, upset, and out of touch with things going on around me.

Before I go on, I'd like to inform any young person who is reading this article and has this ADHD that it's okay to talk to your parents and tell them how you feel about your condition and how it feels to be out of control and medicated. I knew a lot of other boys who were diagnosed with ADHD and were medicated. My mother and I had a talk, and we knew we had to find another solution to help me with my situation.

BRAIN GYM AS MY DAILY EXERCISE

One day after school, my mom took me to Dr. Aili Pogust, who does coaching and literacy training and teaches Brain Gym®—a series of exercises that you do by yourself or with a



Raymond Downs having his Positive Points held by Brain Gym® Instructor Dr. Aili Pogust

coach. The exercises help you calm down when you're feeling hyper and can't calm yourself. I do Brain Gym exercises every morning and at night before bedtime. I look at it as my daily exercise, and Brain Gym also helps me set goals and work toward them.

After a couple of weeks of doing Brain Gym, I stopped taking medication and started to feel better. Like my mom says, her Raymond returned. I began to gain weight and felt happy again. After a few months I started to get ahold of my actions. My behavior started to improve and I began to listen to my mother. Soon I wasn't being as rough with my friends and they wanted to hang out with me more. My grades were going up, and I felt good about myself.

I noticed that when I started to slack off from doing my daily Brain Gym exercises, it was only a matter of time before the "old Ray" would return: the hyperactive, disrespectful boy. In this way I learned that I would always have ADHD. But when I started doing Brain Gym regularly, I began to feel calm and

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respectful again. I think that, for me, doing Brain Gym three times every day helps a lot. I feel great about myself, I feel calm, and I stay sensitive to the people and things around me.

There's one more thing I'd like to share: Brain Gym has helped me take brain-racking tests. Before a test, my head can get filled with a lot of anxious and negative thoughts. With Brain Gym, I'll take a moment before my test to hold my Positive Points and do some deep breathing. This helps me loads. I also use this when I play soccer and baseball because it helps me stay calm and focused during my games. I play goalie and I also pitch and play first base. It can be intense.

Thanks for taking the time to read this. Brain Gym has helped me in a lot of areas, and I know it can help other young people, too.▲