

Speaker 1 ([00:00](#)):

If it's October (which it is) then it must be ADHD Awareness Month (which it is) and it's ADHD Awareness Month, it must be time for TADD talks from ADDA. They're kind of like TED talks but shorter, snappier, ADHD-friendly, if you will. And this year they're all about executive function. You know ...that front part of our ADHD brains that helps us plan and prioritize and remember what we're doing and follow through. Or not. So here's your chance to hear from 31 different experts. It's just another way ADDA supports adults with ADHD. Let's listen in..

Bruce ([00:39](#)):

Hi, my name is Bruce Eastman. I come to you from Roseburg, Oregon, and I am an attention deficit coach and a retired family practice provider. I'm no longer licensed as I retired two years ago, but I certainly do have that expertise. Really happy to talk with you today, and I understand we're, we're really focusing this this year on the different types of executive function challenges we have. I if you listen to my talk last year I re I shortly after I retired, it was a lot of grief and a lot of challenges and a lot of transition this last year, year and a half. And the thing that I really identified with in the executive functions was really several of them. But certainly for me, having grief, and that's something I've talked to a lot of people in that get diagnosed later in life in their forties and fifties and sixties and seventies.

Bruce ([01:43](#)):

When I was a family practice provider, I actually started a guy who was 84 years old on actually a stimulant medication. And he, it really did help him function better. But it's interesting that we have so much grief as attention deficit people. For me, the emotion of frustration and having problems with feeling stuck, being overwhelmed was something that really was my entire career. I often say if we indeed have a race track, mind and bicycle breaks, why was I so surprised for the last 40 years, or really 65 years of my life? I'm 66 years old since really my whole life. Why was I always so surprised that when I got on these race tracks that were going fast and had marathons, that I kept having flat tires often as a nurse, I worked in intensive care. I worked at emergency room most of my nursing career and also my career as a nurse practitioner and family practice provider.

Bruce ([02:55](#)):

I moved around a lot. I literally, for probably from about 30 years old when I became a nurse until I was about 55, I became a nurse practitioner. I probably spent about 80% of my career as a traveling nurse. And I literally said, you know, I cannot deal with being in the staff. And I always felt kind of like an imposter that I would get overwhelmed. I would get all kinds of problems with my emotional R S d. I would, you know, have outbursts with people. Or sometimes if I would get fatigued, I might say something that was inappropriate. And I just felt like if I'm somewhere more than three or four months, people would unveil my secrets. The most successful times is when I could actually share with others, Hey, listen, I've got some challenges here. Can you let me know right away if something goes wrong?

Bruce ([03:55](#)):

And I was also the same thing as a family practice provider. But anyway, having said that, moving forward two years later my W nine or my W two s this year are going to be kind of interesting. I I am a coach and I'm kind of putting that a little bit on the back burner, although I am actively working with some people locally and outside. I'm also in sales. I actually work with a company locally with Medicare's. It's a very busy season. So this idea of rsd or reaction sensitivity disorder expresses itself for me as getting stuck, getting frustrated. And then sometimes I would burst out either with, even with my

wife at home, with either some sort of overreaction or body language or a huff or a puff or, or sometimes I would even just strike out and just even yell at people.

Bruce ([05:02](#)):

And it was, it's always hard. I always say that when we say something that's hurtful to other people, it's sort of like trying to take the ashes and the sparks from a fire that go up and then trying to put them back together again and make wood <laugh>. So it's kind of a, it's impossible to take those things back. I, like I said, the now what I do is I literally schedule my time with no more than about five or six hours during my workday that I'm actively doing things. And sometimes four, I actually have a couple days I go in the office and, and wait for people to come in for sales. But I, I limit myself to the number of calls I make. I limit to myself to the number of errands I make. And generally speaking, what I do, my list is if I have 10 things on the list, I pair it down to three or four or two because at the end of the day, by the time I do the housework, I'm in charge of, of the household work and the shopping and things like that.

Bruce ([06:14](#)):

And by the time I do that, make some calls, have a couple appointments, it's five or six o'clock, and I'm ready to stop. And I'm very strict and my, my wife even kind of gets on me a little bit. She says, are you going to answer that phone? I'm like, No, it's seven o'clock or it's six o'clock. I generally don't answer my phone after 5:00 PM. So these are the kinds of things that keep me from having too much overwhelming fatigue. And I hope that would be helpful to people because I think a lot of times we're so hard on ourselves if we only tried harder, if I only would make better lists, if I would only do this, and if I would only do that or get another degree or do something different, then my, I could be more successful. But I think for me, the message is, is really, really being strict with yourself as far as setting boundaries and setting limits.

Bruce ([07:15](#)):

I hope my experience can help you. Last year I was still in, you know, and when you think about grief, it takes a year or two to really work through that. I've probably been grieving for five or 10 years about am I good enough? Am I smart enough? And even though I had, I have two advanced degrees, one as a teacher of nurses and I taught for many years, and then one as a family practice provider, I always felt inadequate. And I just want to say I'm perfect just the way I am. My website is www.bluepacificaddcoaching.square.site. My email is bluepacificaddcoaching@gmail.com. My phone number is (208) 559-4433. And if you want to reach out, great. My main goal today is just share with you. You're perfect just the way you are. And I hope that you can really embrace that because I know having struggled with that, really my entire adult life, I'm just now beginning to say I'm perfect. I'm okay. You're okay. Everything's cool. Thank you for your time.

Speaker 1 ([08:31](#)):

Hey, congrats you did it - listened to the entire TADD talk! And if you think this is great info, there's even more at the 2022 international ADHD conference. It's a hybrid conference that happens November 16th through the 19th live in Dallas, Texas, simulcast on the web as a virtual event. Find out more at ADDA - that's adda.org, where you can catch ADHD webinars, join peer support groups, and get ADHD classes. It's truly priceless, but membership costs less than \$8 a month. Okay. Enough of the chatter... we'll see you tomorrow with more executive function information.