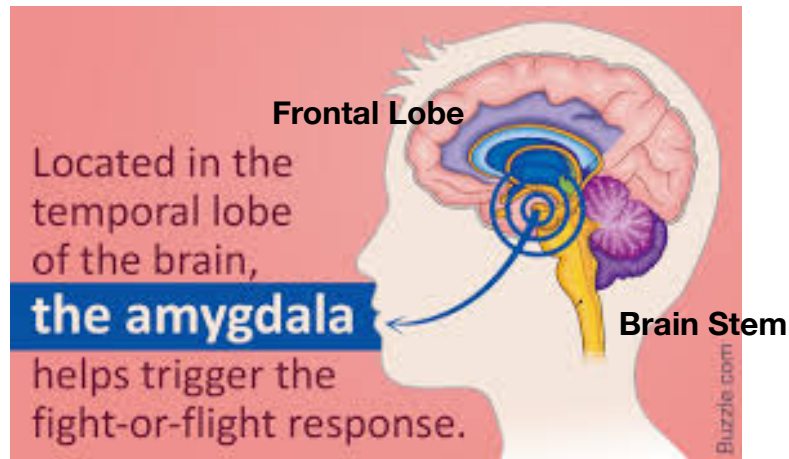


SOCIAL ANXIETY DISORDER AND ADHD

Social Anxiety Disorder (SAD) is an **intense fear of being scrutinized and negatively evaluated by others** in social or performance situations.
(Resource: The Anxiety & Depression Association of America)

Social anxiety is not shyness. It is not a personality trait.

Before Social Anxiety can be managed, a person **MUST** be able to regulate emotions.



The Amygdala

Responsible for *Arousal, Regulation of emotion & Initial emotional response* to sensory information

Plays an important role in *Mediating anxiety and depression* and *Emotional memory*

Brain Stem

Where we take in all messages

The Frontal Lobe

Where all *Executive Functioning* happens

Dopamine

The *neuro transmitter* that is either sluggish or there is not enough of it in the ADHD brain.

Presentation Outline

PAUSE Life Coaching