

Reddy, Steady, Relax: LIFE AND TIMES OF AN ADHD PSYCHIATRIST

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When asked to write an article about how I relax and my pastimes, the first words that came to mind are from the Elizabeth Gilbert novel, "Eat, Pray, Love". I would paraphrase this slightly by saying "Exercise, Eat, Sleep and Travel". No offence intended, Ms Gilbert!

As a psychiatrist specializing in ADHD and an ADHD patient myself, I cannot emphasize enough the importance of relaxation and healthy routines in ADHD management.

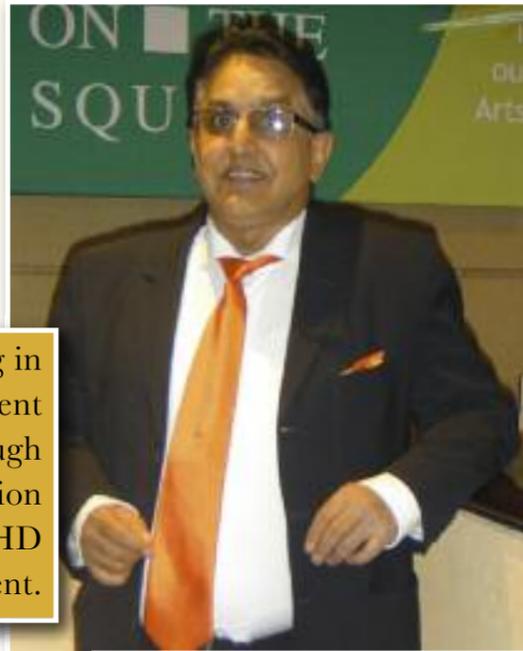
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Eating well, getting plenty of sleep and exercising regularly are key to staying calm, avoiding mood swings and fighting the symptoms of depression and anxiety. Healthy lifestyle habits can also reduce ADHD symptoms like inattention, hyperactivity and distractibility. Not only do these habits assist me in relaxing, but they're some of my favourite things to do.

EXERCISE

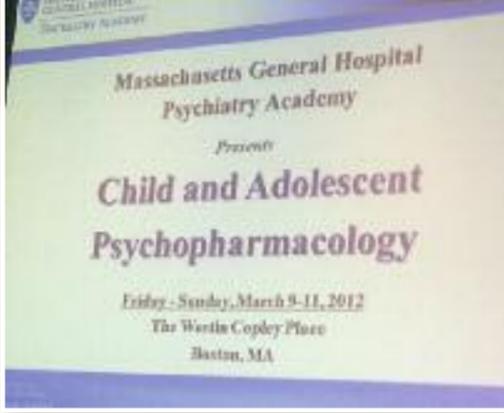
As part of my ADHD management, I love to exercise regularly. I try to exercise on a daily basis, preferably in the morning, before heading off to work. This rush of endorphins (dopamine and norepinephrine) sets me up perfectly for the day that follows.

I try to vary my gym routine, to keep it fresh and stimulating. I used to train with a personal trainer and have experimented in



yoga, Pilates and kickboxing. When it comes to personal fitness routines, I now train with a gym buddy as I find it helps motivate me better.

At some point, I entertained the thought of becoming a scratch golfer. Little did I realize the hours of practice and concentration the game of golf requires. As an ADHD person like myself, it soon dawned on me that I had bitten off more than I could chew, so I have



instead focused on other methods of exercise that works for me!

I enjoy the feeling of pushing my body to its limits and the adrenalin rush I get from exercising. It is the perfect way to kick-start my day. Working out is also perhaps the most positive and efficient way to reduce hyperactivity and inattention from ADHD. Exercise relieves stress, calms the mind and helps work off excess energy and aggression that can get in the way of relationships.

EAT

A regular pastime of mine is spending time with family and friends. I have found much solace in spending time with those close to me and it is always relaxing being around people you love.

We socialize by enjoying meals together at one another's homes or at other times will try new restaurants around Johannesburg. It is critical for ADHD patients to eat healthily to reduce distractibility and hyperactivity.

During the week, I eat small meals throughout the day and try to avoid carbohydrates and sugars as much as possible. My weekly trips to buy the freshest fruit and vegetables, is another way I relax.

I am a avid theatre-goer and enjoy watching live performances. My interest in theatre varies from musicals to comedy and live music. I have season tickets to The Theatre on the Square in Sandton and you will often find me there on a Tuesday night, taking in a live show.

SLEEP

Erratic sleep patterns are symptomatic of ADHD and hence getting a good amount of sleep is essential for keeping a balance. As I have a busy working week and often don't get home till after 10pm, I try to get as much shut-eye as possible during the weekend. Sunday

afternoon siestas are the ultimate pleasure for me. As part of my bedtime routine, I enjoy getting digging into a good book or surfing the net to get my website (www.adhdclinicjeeva.com) up to date.

TRAVEL

Traveling has been a lifelong passion of mine. I love nothing more than planning my itinerary, booking my tickets online and flying whenever possible, especially on the Boeing A380. I never tire of the thrill of traveling and each new destination is like an unopened box of candy - full of possibilities!

I have been fortunate enough to travel extensively and I look forward to visiting new and exotic destinations - I suppose for Ms Gilbert I had my passports stolen in Italy while searching for her pizza cafe, and in India I had my bouts of Delhi-belly and hopefully I could begin my bucket-list in tranquil-serene Bali in 2012.



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DR. REDDY'S

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