

Mastering the Mind: Leveraging Adult ADHD in the World of Data Analysis

"How to handle all of THIS?"

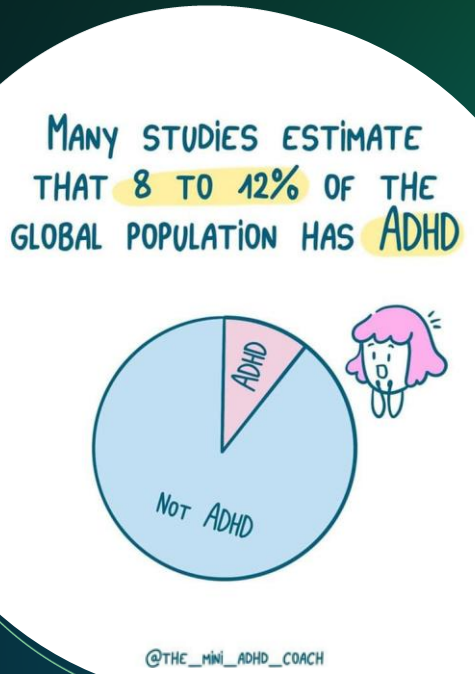
DISCLAIMER: This is mostly non-technical topic (although I may mention specific tools and products here and there)

The content during this session is based on **MY** experience, reasoning and thinking about various things

Therefore, I'll say in 1st: "Why I'm doing this", "This resonates with ME", and so on

Please keep that in mind throughout the session, as I'll try not to say "**YOU** should this", or "**YOU** should that"





How Common is ADHD?

Current social trends make some ADD-driven behaviours seem even desirable and rewarding





Roman Tesolkin

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Data Adventurer, Power BI geek, Enthusiast and Workshop Trainer

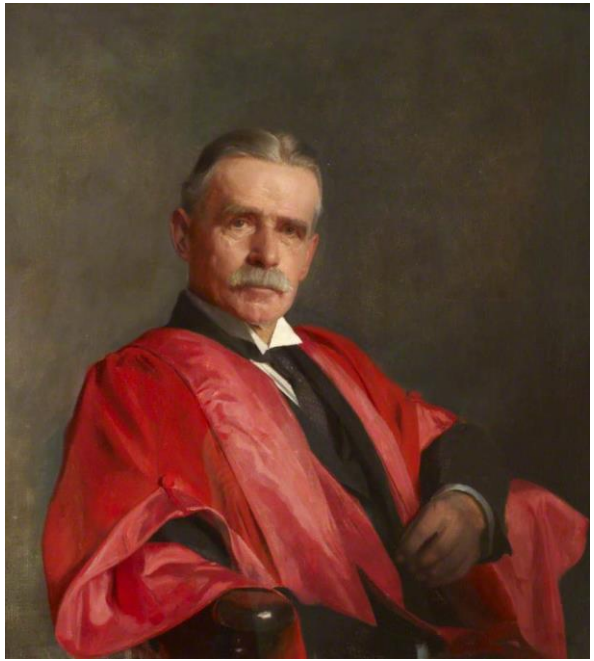
coming from Ukraine

Frankfurt am Main, Germany

AREA OF EXPERTISE: Power BI, Generative AI, Databricks, Synapse, Visual Storytelling, MS Fabric, Data Governance & Big Data Analytics

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When was ADHD discovered?



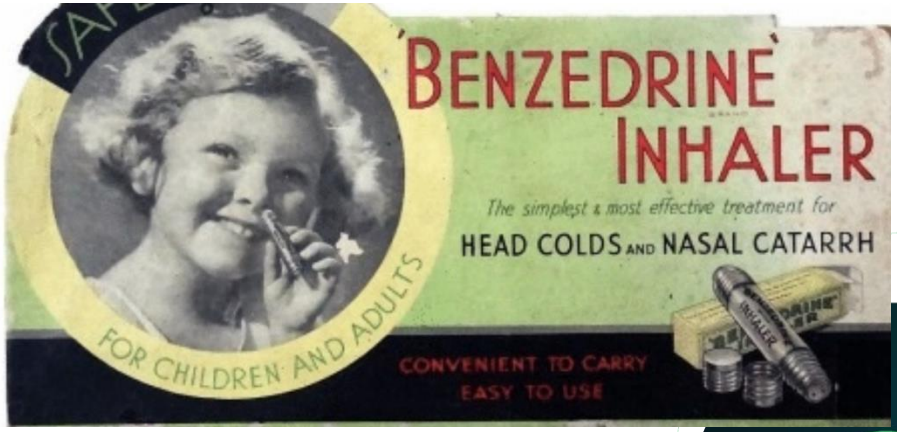
A British pediatrician named Sir George Still first identified ADHD symptoms in 1902.

Described the condition as ***“an abnormal defect of moral control in children.”***

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Amphetamines were first marketed in the 1930s as Benzedrine in an over-the-counter inhaler to treat nasal congestion. By 1937 amphetamines were available by prescription in tablet form and were used in the treatment of the sleeping disorder narcolepsy and ADHD.





Charles Bradley (December 1, 1902 – 1979) was a Rhode Island physician who was best known for the serendipitous discovery that the use of Benzedrine in children with behavior problems resulted in an improvement in their performance in a residential setting.[1] Investigations leading from his work led directly to the current pharmaceutical treatment of ADHD.

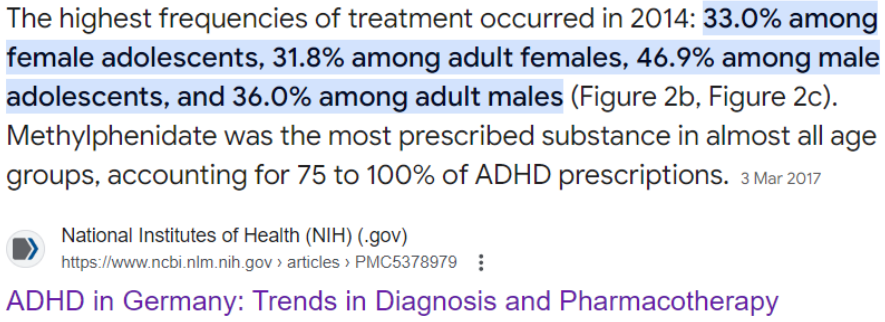
Today, methylphenidate is the stimulant doctors most often prescribe for children with ADHD. It was first made in 1944, and marketed in 1954 as Ritalin.

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An estimated 7 million (11.4%) U.S. children aged 3–17 years have ever been diagnosed with ADHD, according to a national survey of parents using data from 2022

Es wird geschätzt, dass in Deutschland zwischen 2 und 6 % (274,000 und 822,000) aller Kinder und Jugendlichen an krankhaften Aufmerksamkeitsstörungen und motorischer Unruhe leiden

Stand: 17. September 2024


The highest frequencies of treatment occurred in 2014: **33.0% among female adolescents, 31.8% among adult females, 46.9% among male adolescents, and 36.0% among adult males** (Figure 2b, Figure 2c). Methylphenidate was the most prescribed substance in almost all age groups, accounting for 75 to 100% of ADHD prescriptions. 3 Mar 2017

National Institutes of Health (NIH) (.gov)
https://www.ncbi.nlm.nih.gov › articles › PMC5378979

ADHD in Germany: Trends in Diagnosis and Pharmacotherapy

https://www.cdc.gov/adhd/data/index.html

https://gesund.bund.de/en/adhd#sources
https://www.bundesgesundheitsministerium.de/themen/praevention/kindergesundheit/aufmerksamkeitsdefizitsyndrom

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Schedule 2 (II) Drugs

The drug has a high potential for abuse. The drug has a currently accepted medical use in treatment in the United States or a currently accepted medical use with severe restrictions. Abuse of the drug may lead to severe psychological or physical dependence.

The following drugs are listed as Schedule 2 (II) Drugs* by the Controlled Substances Act (CSA):

Ritalin (Pro)
Generic name: methylphenidate

Ritalin LA (Pro)
Generic name: methylphenidate

Ritalin-SR
Generic name: methylphenidate

C-Topical Solution
Generic name: cocaine topical

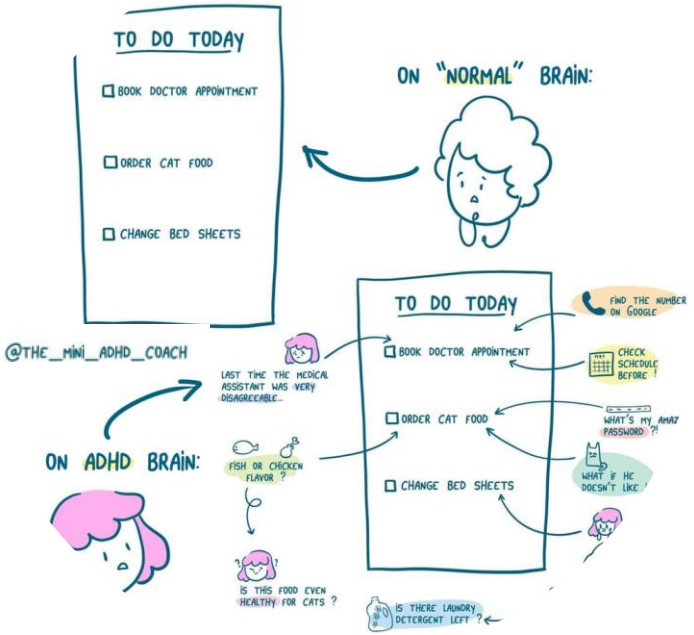
RMS
Generic name: morphine

Desoxyn (Pro)
Generic name: methamphetamine

https://www.drugs.com/schedule-2-drugs.html

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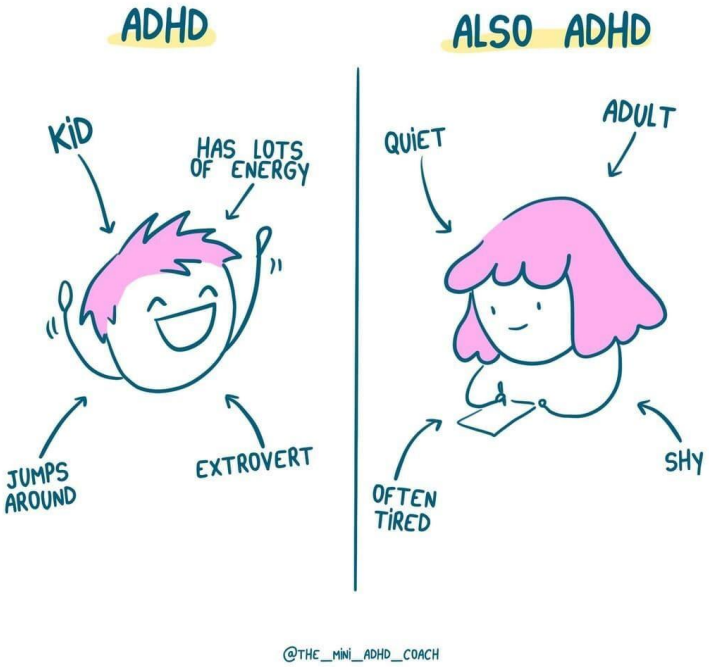
“ADHD Brains” and “Neurodiversity”



Attention deficit hyperactivity disorder (ADHD) is a common neurodevelopmental condition that affects millions of individuals worldwide

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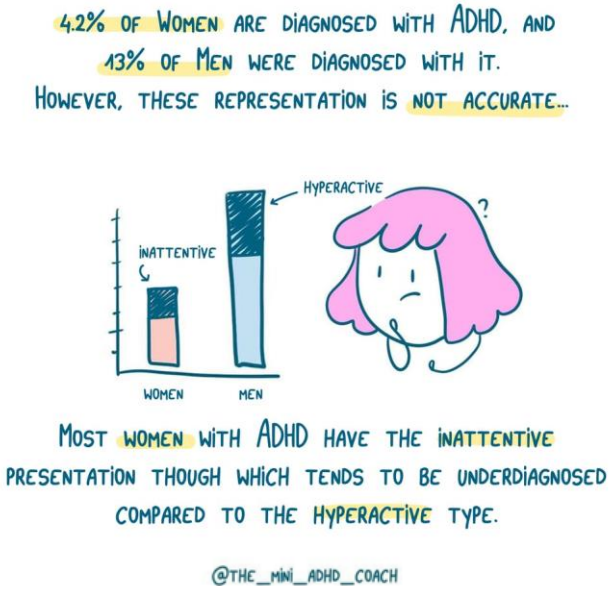
What is ADHD?



- A – Attention
- D – Dificit
- H – Hiperactivity
- D – Disorder

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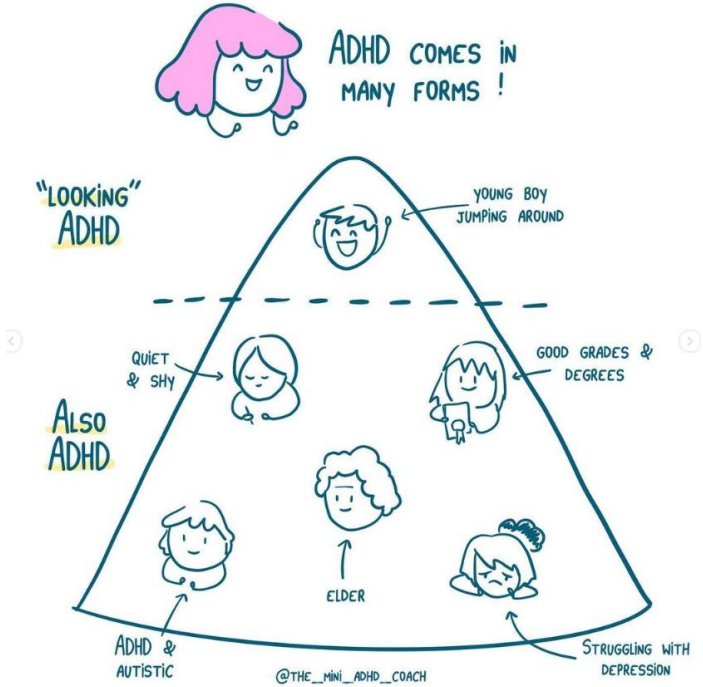
Is ADHD more common in males or females?



ADHD data shows that men are almost three times more likely to be diagnosed with ADHD than women

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(ADHD) has several core symptoms



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IMPULSIVITY



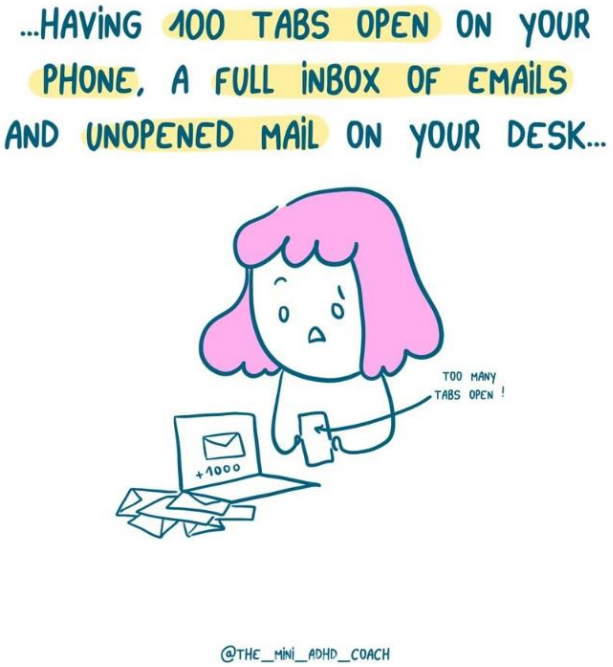
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INATTENTION



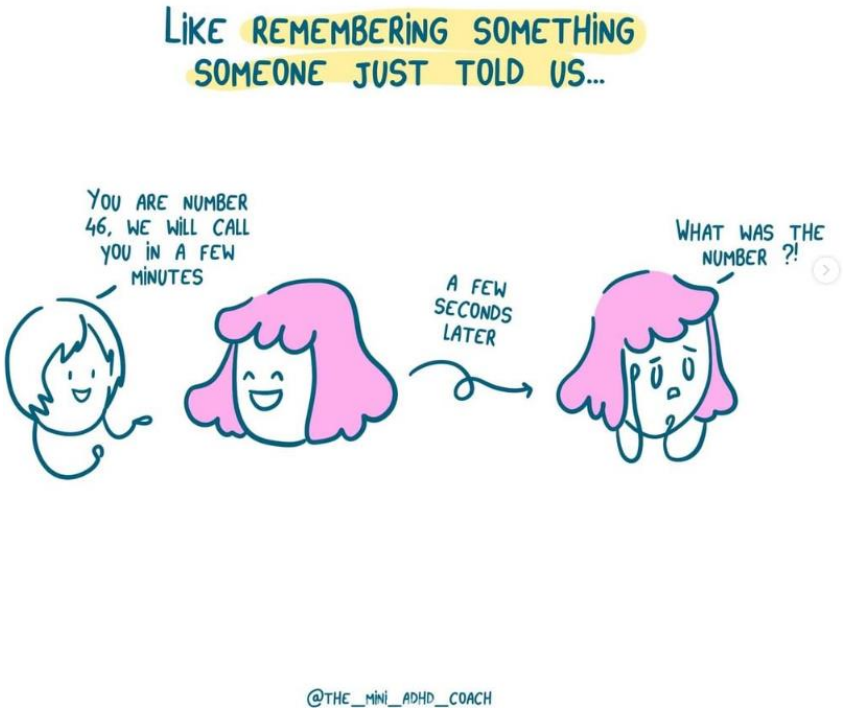
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ORGANIZATIONAL CHALLENGES



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FORGETFULNESS



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HYPERACTIVITY



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FEELING OF TIME



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SOMETIMES TALKING A LOT AND FAST



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What is ADHD?

Ukrainian version: Синдром дефіциту уваги та гіперактивності

ADHD is like a playlist on shuffle



For data analysts with ADHD, recognizing unique strengths and challenges is key to thriving in the profession



Leveraging Strengths

- Natural Curiosity and Keen Eye for Patterns
- Thriving in Chaos
- Creative Problem-Solving and Thinking Outside the Box
- Tend to simplify things the way we'd like them explained
- Hyperfocus: A Double-Edged Sword

OVERCOMING CHALLENGES



Difficulty Maintaining Focus

Increased Sensitivity to Distractions

Time Management Struggles

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- ✓ Understanding ADHD
- ✓ Leveraging strengths
- ✓ Overcoming challenges
- ✓ Communication is Key
- ✓ Building a support system

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ADHD and Epigenetics



Now, going back to the question above: “How do I handle all of THIS?”...



Here is the list of the things I’m currently doing (as of Oct 2024):

- ✓Consultant working five days a week for two clients (20% & 80%)
- ✓Contribute to internal projects (workflow automation, reporting, data modeling) for 6-12 hours weekly
- ✓Upcoming conferences: Data Platform Conference Switzerland, Neurodiversity Day 2024, and Pass Summit
- ✓Run personal business as an FPV and cinematic drone pilot
- ✓Preparing for a sailing regatta in late October



Looks like a busy schedule, right?

And, maybe some of you are wondering: HOW?



WHY I’m doing all of this?

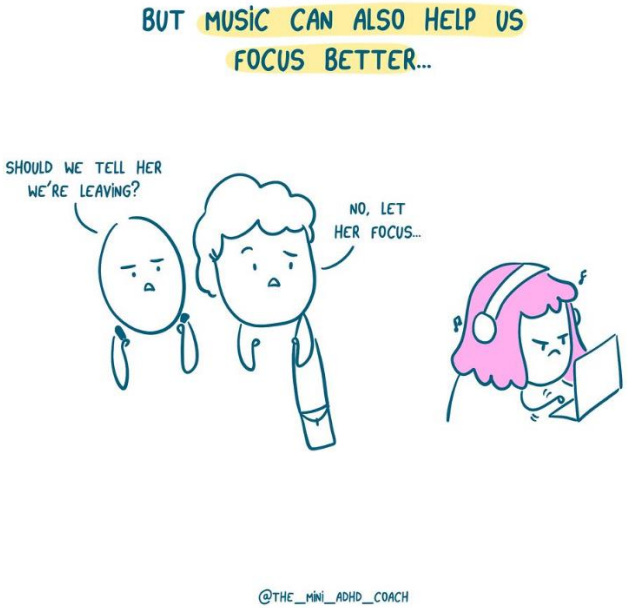
How do I manage all of this? The answer is simple: because **I LOVE IT!** I am passionate about what I do, and this passion makes me feel more fulfilled and energized



Getting things done

I feel better completing 3/3 tasks in a week, than completing 4/6 tasks





Music can be really helpful for people with ADHD because it can provide a singular background noise rather than twenty

— BRIT BARKHOLTZ

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2058 is typically the end date for all my automation schedules or date tables



```
If_Sales := IFERROR
            ( IF( [TotalSales] > 8000,
            "Speaking words of wisdom, let it be! Sales
are         excellent!",
            "When sales are low, let it be.“
             ),

            "Oops! Something went wrong. Here comes
the         sun, and I say, it's all right." )
```



Reward system

Complete 5 out of 5 tasks: Earn a weekend dedicated to flying and recording drone videos



Create a routine



Dopamine dressing



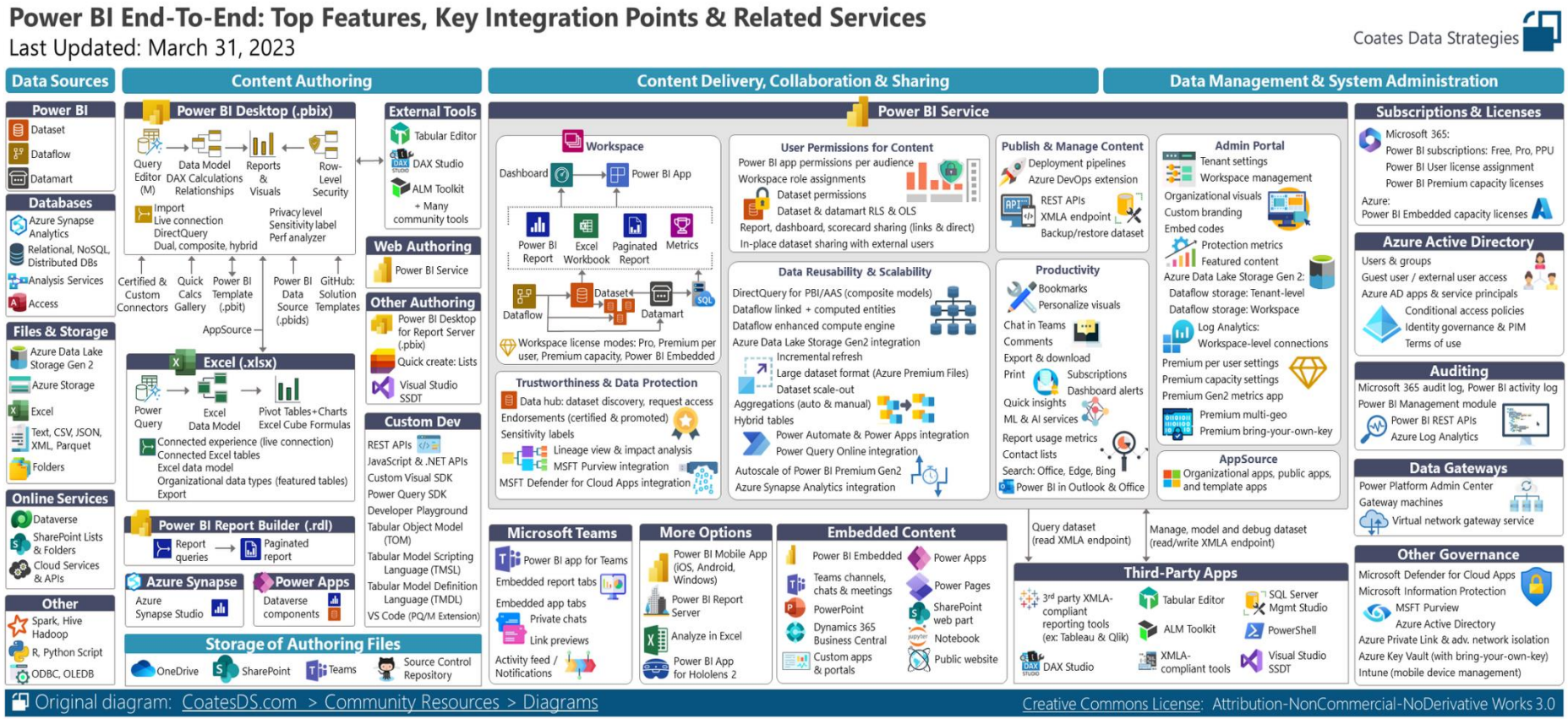
Find a Mentor



There is no need
to be perfect



Embrace the fact that you don’t know (and you don’t need to know) everything



My top 5 sources to learn about ADHD:

1. "Scattered Minds: The Origins and Healing of Attention Deficit Disorder“
Gabor Maté explores ADHD from a compassionate and insightful perspective, focusing on its roots, the challenges it presents, and healing strategies. This book is an essential read for understanding ADHD beyond its symptoms

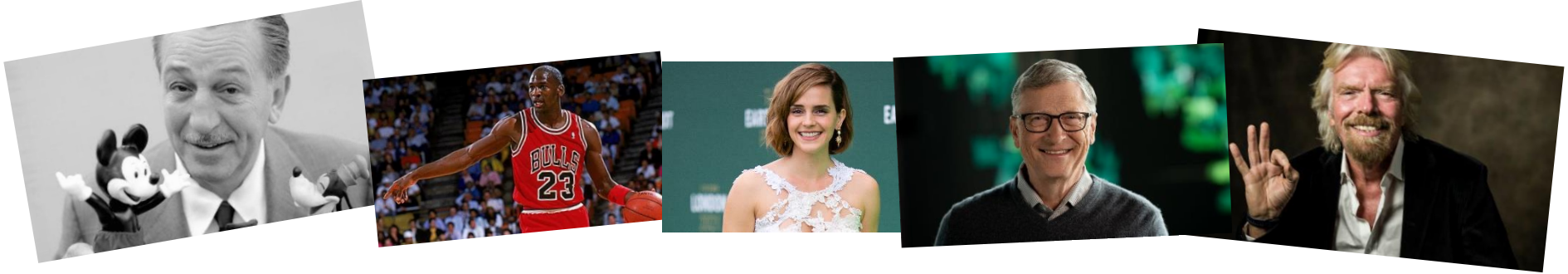
2. "Hunter in a Farmer's World" by Thom Hartmann
his book presents the concept that individuals with ADHD possess traits similar to ancient hunters, which clash with modern society's more structured, "farmer-like" systems

3. Jessica McCabe: "This is What It's Really Like to Live with ADHD" TED Talk where Jessica shares her personal experience with ADHD

4. Podcast: “ADHD is Over” by Roman Wyden
perspective-shifting podcast for conscious parents - aimed at dispelling the typical myths of the current and incomplete narrative around so-called 'disorder'

5. The Mini ADHD Coach is an Instagram account that provides short, relatable, and often funny content about ADHD. It offers insights, coping strategies, and tips for living with ADHD in a fun and engaging way

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YOU shouldn’t do the same if you don’t feel like you SHOULD do it.

But, in case you feel like you SHOULD, then I hope this session will help you to achieve your goals.

In that case, please let me know, as being able to help others is another huge energizing boost for me:)

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