



Information taken from “Change Your Brain, Change Your Life” and Amen Clinics

The **Prefrontal Cortex** (“The Supervisor”), at the front third of the brain underneath the forehead, the part of the brain that helps you stay focused, make plans, control impulses, and make good or bad decisions.

PROBLEMS WITH PFC

1. Low PFC: The brain’s “brake” doesn’t work very well when damaged. The PFC helps people plan and set goals and keep on track despite any obstacles along the way. Strengthening an underactive PFC can help people stay more focused on their goals.
 - Due to location susceptible to head injuries (brain trauma)
 - Engaging in bad habits
 - people have problems supervising themselves
 - significant problems with attention span, focus, organization, and follow through.
 - ADHD/ADD
 - Some Depression types
 - Conflict Seeking
 - Lack of perseverance
 - Hyperactivity
 - Disorganization
 - Chronic lateness, poor time management
 - Physical space and time (piles of stuff/paperwork; filing system); chronically late; lose track of time
 - Procrastination
 - Unavailability of emotions
 - Worrying or focusing on problems
 - Self-stimulating behavior; emotional turmoil produces stress chemicals that keeps the brain active
 - Misperceptions
 - Poor judgment
 - Trouble learning from experience
 - Short-term memory problems
 - Social and test anxiety
2. High PFC: While it can cause rigidity and inflexibility, etc. it doesn’t necessarily mean these traits are pathological. The ability to overfocus can be an asset for many people in careers like medicine, finance, and so forth.
 - Obsessive compulsive disorder (OCD)
 - Oppositional defiant disorder (ODD)
 - Anorexia

- Health issues/damage to immune system is caused when using anger, emotional turmoil, and negative emotion for self-stimulation.
- High levels of adrenaline produced decreases immune effectiveness and increase vulnerability to illness.

“PRESCRIPTIONS”

1. Develop and maintain clear focus (the one-page miracle)
 - Develop an ability to stay totally focused-will help guide your thoughts and behavior and give you an auxiliary prefrontal cortex-help strengthen the conscious part of your mind
 - Need to have clearly defined goals
 - Know who we are and what we want to accomplish in our relationships, at work, and within ourselves.
 - When we know what we want, we are more likely to change our behavior to get it.
 - 1 page miracle will help guide nearly all of your thoughts, words, and actions.
 - Place this where you can see it daily
2. Focus on what you like a lot more than what you don't like
 - what we attend to and focus on has a very significant impact on how we feel and act day to day
 - focusing on what you like about your life and on what you like about others is a powerful way to keep your PFC healthy.
3. Have meaning, purpose, stimulation, and excitement in your life
 - helps prevent shutdown and encourage you to focus by activating your PFC
4. Get organized; get help when you need it
 - set clear goals in your life, then ask yourself everyday “is my behavior getting me what I want?”
 - take extra time to organize your work area on a regular scheduled basis. Devote some time each week to organization. Otherwise, procrastination will take over
 - keep up with paperwork or have someone do it for you
 - prioritize your projects
 - make deadlines for yourself
 - keep To Do lists, and revise them on a regular basis
 - keep an appointment and planning book with you at all times
 - use a portable recorder to help you remember ideas throughout the day
 - break down overwhelming tasks into small tasks.
 - Do unpleasant tasks first.
 - Use file folders, desk organizers, and labeled storage boxes to organize your paperwork
 - Hire a professional organizer to help you get and stay organized
5. Don't be another person's stimulant
 - the more time you spend with someone, with conflict seeking stimulation, tries to upset or anger you, the more you need to be quiet, calm, and steady
 - don't yell
 - the more their voice goes up, the more your voice should go down
 - if you feel the situation get out of control, take a break
 - use humor, but not sarcasm or angry humor, to defuse the situation

- be a good listener
- say you want to understand and work on the situation, but you can only do this when things are calm.

6. Exercise

7. Stimulating Supplements

- Green Tea
- Rhodiola
- Ginseng
- Ashwaghandha
- L-tyrosine
- Phenylalanine
- Iron
- Zinc
- EPA Fish oil

8. Common Stimulating Medications

- Ritalin/Concerta/Metadate/Daytrana
- Adderall/Vyvanse
- Dexedrine
- Provigil/Nuvigil
- Strattera
- Wellbutrin
- Amantadine
- Abilify

9. Watch your PFC Nutrition

- Higher protein diet
- Refined carbohydrates have a negative impact on dopamine levels in the brain and concentration
- Eliminate simple sugars, simple carbs

10. Try Mozart for Focus

11. Hyperbaric Oxygen Therapy