

ROSARY TIPS FOR ADHD MIND'S



A GENTLE GUIDE FOR DISTRACTED, CREATIVE, RESTLESS MIND

TIP 1 POSITION



DECIDE WHAT YOUR BODY IS ALLOWED TO DO WHILE YOUR BRAIN IS WORKING. ARE YOU GOING TO SIT? STAND? WALK? ROCK GENTLY LIKE A WISE MONK? PACE THE ROOM LIKE A DETECTIVE SOLVING A CASE?

MOVEMENT CAN ACTUALLY HELP YOU FOCUS, ESPECIALLY IF YOUR BRAIN REFUSES TO COOPERATE UNLESS YOUR BODY IS DOING SOMETHING. FOR SOME PEOPLE, SITTING PERFECTLY STILL IS EFFECTIVE. FOR OTHERS, IT'S BASICALLY A FORM OF PSYCHOLOGICAL TORTURE. IF STAYING SEATED TURNS YOUR MIND INTO A BROWSER WITH 47 TABS OPEN (AND MUSIC PLAYING SOMEWHERE YOU CAN'T FIND), GIVE YOURSELF PERMISSION TO MOVE.

THE GOAL ISN'T TO "SIT PROPERLY" TO FIND YOUR WAY OF PRAYING. SO CHOOSE WHATEVER MAKES IT EASIER: PERCH ON THE EDGE OF A CHAIR, STAND AT THE TABLE, SWAY, STRETCH, PACE, OR FIDGET LIKE A SAINT IN A LONG HOMILY. IF IT LOOKS A BIT ODD BUT WORKS, CONGRATULATIONS — YOU'VE FOUND YOUR PRAYER POSITION.



TIP 2 THE ROSARY AS A FIDGET



THE ROSARY IS BASICALLY A HOLY, BUILT-IN FIDGET TOOL (THE CHURCH WAS WAY AHEAD OF US 😊). AS YOU PRAY, ROLL EACH BEAD GENTLY BETWEEN YOUR FINGERS, TRACE THE CHAIN, LET YOUR HANDS WANDER AND MOVE. YOU DON'T HAVE TO KEEP THEM STILL — THE MOVEMENT ACTUALLY HELPS YOUR MIND SETTLE. WHILE YOUR FINGERS ARE BUSY, YOUR THOUGHTS HAVE A BETTER CHANCE OF STAYING WITH THE PRAYER INSTEAD OF SPRINTING OFF TO PLAN DINNER, REPLAY CONVERSATIONS FROM 2009, OR COUNT CEILING TILES.

TOUCH BECOMES YOUR ANCHOR.



TIP 3 ANCHOR

BEFORE EACH DECADE, SAY THE MYSTERY OUT LOUD, IT HELPS YOUR MIND SETTLE INTO WHAT YOU'RE ABOUT TO PRAY, AND THEN CHOOSE ONE ANCHOR TO HOLD ONTO.

JUST ONE. NOT THE ENTIRE MYSTERY OR EVERY POSSIBLE DETAIL.

YOUR ANCHOR MIGHT BE A WORD, AN IMAGE, A MOMENT, OR A PERSON YOU'RE PRAYING FOR. TRYING TO HOLD EVERYTHING AT ONCE USUALLY MEANS NOTHING STAYS FOR LONG, RATHER LIKE CARRYING TOO MANY THINGS AT ONCE AND SLOWLY LOSING THEM ALONG THE WAY. ONE ANCHOR IS ENOUGH. GOD CAN HOLD THE REST.



TIP 4 AUDIO

IF PRAYING THE ROSARY IN SILENCE FEELS LIKE TRYING TO HERD CATS IN YOUR OWN HEAD, AN AUDIO ROSARY CAN BE A GIFT. LET SOMEONE ELSE DO THE PACING WHILE YOU SIMPLY FOLLOW ALONG.

APPS LIKE HALLOW, ASCENSION, AND PRAY AS YOU GO OFFER GUIDED ROSARIES THAT GENTLY CARRY YOU FROM BEAD TO BEAD, EVEN WHEN YOUR ATTENTION WANDERS.

YOUTUBE WORKS JUST AS WELL — ESPECIALLY IF YOU NEED A FAMILIAR VOICE, CALMING MUSIC, OR SUBTITLES TO KEEP YOU GROUNDED. LISTENING IS NOT "CHEATING"; IT'S PRAYING WITH SUPPORT. SOMETIMES THE HOLIEST THING YOU CAN DO IS LET THE CHURCH LEND YOU HER VOICE WHEN YOUR OWN FOCUS IS TIRED.



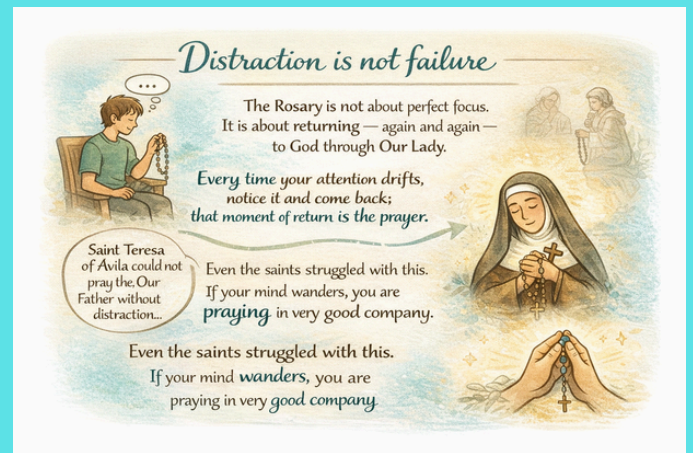


TIP 5 DISTRACTION IS NOT FAILURE

THE ROSARY IS NOT ABOUT ACHIEVING PERFECT FOCUS OR A QUIET MIND; IT IS ABOUT RETURNING, GENTLY AND HONESTLY, TO GOD THROUGH OUR LADY.

EVERY TIME YOUR ATTENTION DRIFTS, AND YOU NOTICE IT AND COME BACK, THAT MOMENT OF RETURN IS THE PRAYER.

EVEN THE SAINTS STRUGGLED WITH THIS. SAINT TERESA OF ÁVILA FAMOUSLY SAID SHE COULD NOT PRAY THE OUR FATHER WITHOUT DISTRACTION, SO IF YOUR MIND WANDERS, YOU ARE NOT DOING IT WRONG. YOU ARE PRAYING IN VERY GOOD COMPANY.



TIP 6 FINAL TIPS

DURING THE DECADE, YOU'RE ALLOWED TO PRAY LIKE A REAL HUMAN BEING.

ROLL THE BEAD BETWEEN YOUR FINGERS, REPEAT YOUR ANCHOR WORD IF IT HELPS, IF YOU LET YOUR MIND WANDER, AND YES, LOSE COUNT. THIS HAPPENS. FREQUENTLY. WHEN YOU NOTICE YOU'VE DRIFTED OFF SOMEWHERE ENTIRELY UNRELATED, SIMPLY COME BACK AND CARRY ON.

NO APOLOGIES REQUIRED. IF IT HELPS, YOU CAN QUIETLY SAY, "JESUS, I'M BACK," AND CONTINUE WHERE YOUR HANDS ARE. THE ROSARY IS PATIENT. GOD IS NOT KEEPING SCORE.

