

Dr. Lola Day: Is ADHD really a superpower?

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SPEAKERS

Dr. Lola Day, Katy Weber



Katy Weber 00:00

So I'm so excited to hear your story I listened to your kind of coming out episode of your podcast. And it's related to it so much and loved, loved what you had to say. And I'm sorry, lots of questions. So let's dive in with with the when you sort of were diagnosed with ADHD, because it's been a while, right? This isn't anything new. But I feel like it may be kind of occurred to you on on various levels as you age. So tell me about kind of when you were diagnosed and what it was, that led you to think you had ADHD?



Dr. Lola Day 00:36

You know, it's so interesting, because a lot of people get diagnosed, like when they hit rock bottom, or like something happened. But with me, I mean, looking back and like, Oh, that's why I did what I did, right? But I never really thought of because even though Yes, I'm in medicine, I know people with ADHD have don't necessarily have to not succeed in school and all that stuff. Yes. But at the same time, there's also this what's the word, this idea that everybody has that you can succeed with ADHD? So I just never thought it was me, like, nah. So I was in medical school, the third or fourth day of our medical school, and I was around so one of my mentors who has ADHD, I think she's never told me, but I really do you think she did? Cuz that's what she was able to like, Oh, I think you should get tested. And we were talking and having a conversation, she asked a question, and I just

like, I would answer her. And she was like, Whoa, you're so smart. And just like, appreciating me for who I was, right? It's just like, I bet you're one of those people that did not ever study when they went to take exams and just killed it. And I was like, No, at all, actually was like, I don't believe you. I was like, let me tell you my story. I'm just listen, I'm not one of those supers for me. So funny. I can say this all the time. I'm not one of those super smart people, I have to study 10 times harder than everybody. And I think the reason why was because I have a sister who's four years younger than me. And like she would like study, like maybe the same half the amount of time and get better grades and stuff. So in my mind, I was like, Oh, she's just more I supposed to, I have this abilities that are preventing me from doing certain things, right. So for me, I had to overcompensate. So if everybody were studying for like, I don't know, a week for an exam, I knew I had to study for a month. So I would over study to make up for the silly mistakes I'll make, especially if I need to add multiple choice questions or standardized questions, or I don't know how it was with you guys. But like I met in the medical school exam, they had this long, very long prefix questions are horrible for people with ADHD, that by the time you are done reading it, you realize, what the heck are they trying to ask? So she was like, No, I don't believe Yes, she was, I think you need to get tested. I've been watching you, you know, like, you tend to have some idiosyncrasies that I tend to, I think is very familiar is what she said. And I was like, Okay, sure. And to be honest, I did initially was what like, what, how could she think I have ADHD? And then when I thought about it, and I started researching it, and out because I respected this mentor so much, I was like, I'm just gonna go get tested because she said, so. Okay. And I went and got tested. And I had one of the like, the neuro psych psychologists that test me was like, how did you survive you have your attention span is zero. So I was diagnosed with inattentive ADHD, and that's part of it, right? A lot of people, women, especially girls, we're not diagnosed, we were younger, because we're not rambunctious in class. And we're not doing this. But what people don't realize is that we're actually we're very hyperactive in our mind, right? We may be quiet, but we're thinking about 1001 different things. So that's what almost 20 years ago now, and even after I was diagnosed, I was on medication for a little bit and I didn't like the way it made me feel to be honest. Because the one thing I loved about myself was the fact that I love to strategize. And I felt like when I was on the medicine, everything was kind of dimmed down and cooled down. So um, so I kind of forgot about it not forgot, I knew I had it. But I wouldn't tell people, it was almost like this shame I had. It was almost like this, you know, I don't want people to think I can't achieve certain things because of this diagnosis. It wasn't something anybody except for like that mentor I knew, and my family knew about. But what I realized this after took us to the nearest I can trace it was like, you know, I think what helps you is like he asked my, my, my family and how I was growing up, and my family, we were very structured. And he was like, that's why all those structures actually saved you, you know. So I joke a lot about how structure saved my life. But yeah, that's how I was diagnosed. And as I grew it as things changed, but I'm so grateful I was

diagnosed that early, because I think when I became a mama when I went into fellowship, which is another level of stress, and when I became a mom, and everything kind of decided on me, and I have to actually take care of somebody else. That's an outside Whoa, this ADHD is no joke. Right? Whereas I had some other phrases diagnosed later on after they had kids, and they had this moment of struggle, like what is going on with me? And you know, he was, because I was diagnosed earlier, I was able to recognize, like, Oh, my gosh, okay, I need to put structures in place, I need to reevaluate things. The same things that I used to use when I was a single person is not going to work now. Like, I need to realize, okay, what exactly is this ADHD? And how is my ADHD different from other people? And I think that was when I actually started to reevaluate, maybe come to terms with my diagnosis, I will say, with ADHD, I really realized how much it could wreck havoc on your life, if you're really try to ignore it, for lack of a better word.



Katy Weber 07:07

Yeah, I find it interesting that you were talking about going through when you're a pediatric cardiologist, right? So you're here you are, you're in med school, and which is already a huge accomplishment. And yet, you're concerned that if people knew you had ADHD, that they would think that you were somehow low performing. And yet, you're already in this like, incredibly high performing position. So I know, I find it I think, like, I think so many of us. And for me, what I certainly related to and what was the tip off for me was not the hyperactivity element. But again, feeling like no matter what I did, no matter what I accomplished, my self esteem was still so low, and that I had such a low sense of self and such high expectations for myself to and that kind of disparity between how I felt about myself versus my expectations about myself. That was the tip off to my therapist, that that that was the ADHD and I never would have made that connection on my own. So I find it interesting when we talk about like the stigma of ADHD, when so many, I mean, every woman I interview is so fascinating and brilliant at what she does, right? And yet, we still sort of worry about the fact that if people know I have ADHD, they are going to think that I am a failure, or that there's something wrong with me. And I'm like, but we are all such overwhelming proof. To the opposite.



Dr. Lola Day 08:37

Exactly. And you know, in my program, and I tried to kind of bring that out of people, a lot of people I do culture, high achieving women, and they like, like, I don't understand how I was so good in school, I was top of my class, I was this I was there. And I tell them, the difference between you and somebody else that maybe didn't do well in class does not mean maybe you're smarter than the other person. The difference is you actually loved learning, right? Like, we have, we are people who have ADHD or women who have ADHD,

if you look at where they succeed, they thrive in it because they love it. A lot of times if they're like a, if they're kind of like pigeon holed in something they don't like they don't thrive in it. Because for has I call us up to tie brains, right? So we have to tie breaks, we go for that stimulus. We're driven by passion, we're driven by something that actually fulfills us, right? So if it's not fulfilling for us, then like, we don't have that drive. That's why we need that extra dopamine to kind of push us to do mundane things. So, for example, I was talking to one of my clients, and she was like, you know, it's so crazy. I feel like I have 10,000 different businesses, but then I started another Like, I don't feel like doing that other stuff, you know. And I was like that we are great at initiation where greatest strategize ation. And I was like, we're supposed to be visionaries. We're supposed to be CEOs. But are we supposed to be the chief operating officers? No, we're not really good at the mundane things, right? Can we do it? Yes. Do we get bored from it? Absolutely. So I think what you know yourself, are you and that's why I talk about owning your, your superpowers. And knowing your kryptonite. I say that all the time. Because I feel like mundane things for me, like what everybody expects you to do is almost like a kryptonite for me. So when I know that's going to be my kryptonite. So what are the things I have to look for? To help me take charge of that, right? So if you're going to start a company, or you know, you as an ADHD person, you love starting, you know, you don't like those little things that actually make the company tense in you. So you have to see maybe this is a good idea to partner with someone who's OCD about stuff like that. And they could be the chief operating officer and why you take the vision and just carried on. And I tell people, you know, I yes, I thought that Superwoman, but I have a lot of sidekicks around me to help me I don't do all of this by myself, right? Even in my business, I have like my virtual assistant that helps me at home, I have people come to the house and help helped me with certain things. And it's really knowing what your strengths are right? I'm able to tell them my vision, and they helped me actualize that vision. So knowing what exactly it is that you're good at, and be good at that stuff. Right. That's why people like Simone Biles, who is amazing gymnast right can win all this gold matters. People like Phelps, he's a swimmer, Will Smith, like there was an interview they did with Will Smith and his wife was like, when he gets into I don't even talk to him. He goes into this crazy hyperfocus medalla Yep, ADHD. So but he's doing what he loves. And that's why he thrives in it.



Katy Weber 12:17

So now how do you know what it is you need, because I feel like I certainly have realized, since my diagnosis, and I talked about this a lot with on the podcast, the idea of like, I realize how important it is to get help, you know that we can't, we have a tendency to think we can do things on our own. We can't follow through, we get distracted. And so like, there are ways in which we need our hands held a lot of the time we need assistance, we

need coaching, you know, whatever it is, but to like to reach out and to not feel shame about asking for help. A lot of the time, I think is really really important to us in our own journeys. But sometimes I also feel like I don't even know where I need help to begin with, right? And I think that there's like that two step process of kind of even figuring out like, even be able to stop kind of look inward and think like okay, what is it I need right now can be a really difficult thing for us to kind of stop and slow down. And we're inattentive when it comes to ourself and our needs a lot of the time as well.

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Dr. Lola Day 13:22

Absolutely. And I think a lot of what has helped me we ADHD is mindfulness and being aware, and that's a muscle like we would have to work on individually. And I actually recommend that you have a notebook with you all the time. Or if you have like a little, you know, if you're digital, or you know what, you know, way streets like have like a little notes in your eye or your phone or whatever. But I actually like the tactile writing of things, it helps me a lot of journaling. So a lot of times like so let's say, you know, I'm somewhere and let's use something as silly as I lost my keys. And I don't know where I lost my keys I journal about it, like, why exactly. Do I think I lost my keys? Why? What can I do next time to prevent this idea of losing my key? Is it and a lot of times when I say help, it doesn't necessarily mean like hire someone sometimes. Sometimes it's just putting the processes in place, right? So for example, like I have this lady like I always was my kid is it okay to just have a draw where you always put it and you don't move away to you put it there. So have your own internal stats, that helps you right. But if you're not even thinking about ADHD that you're not thinking to be aware of it. So I think that's the first step. Like people underestimate how intertwined ADHD is, is in our entire life. Like it's the way our brain is wired. dry. So a lot of stuff we do even things like binge eating, you know, like I was, oh my gosh, like, it's all intertwined with how we do certain things and just journaling about it. Once you journal about it, I feel like it gives you a lot of clarity. First of all, so I think clarity is the number one thing like, Okay, so I've done this. So I think I may be missing this. And then the second step is, if you don't know, I think it's okay to have like one or two people who understand what you're doing right? Or what's going on with you. Even if you don't have a coach, I always encourage you to have a coach. But even if you don't have a coach who can pull that, you know, help you out, I say, I think you need help here. Like you can have a best friend, you can have a husband, or you could have, you know, just not. It's not like an accountability partner, like in my program, do you have accountability partners that we set them with that can say, Okay, so this is what I have done. And this is what I've journaled about. And this is what I think about it, right? So where do you think I can change? What do you think I can change? The first is what? And then the second is, how do you think I could change it? And the third is, who do you think it helped me change it? Sometimes who is you? Right? And sometimes it's getting someone else. So that's how I

kind of go about it. Like what, how, who



Katy Weber 16:31

I love that, that reminded me of a body doubling, you know, and why so many of us love the or thrive when it comes to that sort of level of accountability when it comes to doing tasks. And I used to really be averse to body doubling, because I was worried that if I came and said I had was was going intended to do something, and then didn't do it, that I would then feel like a failure. And so I wouldn't show up in the first place. And I remember the first time I felt okay about body doubling was when the person who was organizing it, it was the ADHD enclave, when they were talking about which I've joined in love, little throw, throw that out there. But they were talking about how you don't have to do what you say you've set out to do. It's just a level of you know, they gave me permission to not do that thing. And then of course, and then I felt okay about showing up and saying I would like to do something and then I always do that. You did it. Right. Yeah. That's the funny part of it. But it was just the fear that I wasn't going to do it that kept me from even doing anything to begin with. And I found that such an interesting like thought process.



Dr. Lola Day 17:43

Like, it's so weird the way our brain is wired. Like, I absolutely agree with that. And in our accountability group, we do the same thing. Like I'm like, so like, let's say like, yes, so we have this thing called focus session, where we go to like a Pomodoro Technique. And in the beginning, we say, this is what we're gonna do, and you know, whatever, whatever. And at the end, like so who did what they said they would do, you know? And if you did it, it wasn't like, Yeah, you did it. It was like, Okay, so what's the next thing you do? And if you didn't do it, he was like, okay, so why don't we do it? What can we do next time to make sure we did it. And it was almost like a freedom. And then we started realizing that the more we did it like that, it wasn't like, Oh, my gosh, why didn't you do your stuff? at the bar, we didn't like that the more people actually did what they said, they were like, We give them freedom, like, oh, okay, something came up, of course, your mom, your daughter ran into the Reuben something you know, so it gave the idea that, and I think it's more like you feel like you're with like minded people, and they understand you and you wouldn't be judged. I think that's what it is. And then the second part about it is that knowing that they also are like you and they'll get it. So you can get it done. Because you know, they got their stuff. Oh, I like that process.



Katy Weber 19:07

Yeah, because it makes sense that there would be a fear of, of letting other people down. Because I think we all share a lot of that sense of that we have let people down, you know, we're told that we have a certain potential and we're not living up to that potential or that you know, that there is a sense of sort of that we don't really understand why we do things or why we don't think don't do things. And so there's always this sense of like, well, maybe I'll show up and I'll be a failure. So it makes sense that that would be something for us to like inherently fear, but I love what you say about feeling like it's a safe place where everybody else is in that same boat. We and I think what we love about finding each other and talking to each other about ADHD and how you know, Halliwell and rady in their book Ah, 2.0 they talk about the vitamin C, vitamin community and how important community is to us locally. Let's see, I was gonna say I'm still amazed whenever I talk to doctors with ADHD, how do you remember that's how is your memory? Because I feel like there is so much memorization in the medical field is that what's your What are your structures right

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Dr. Lola Day 20:27

now? Right? So yes and no. So in medical school, I realized I did not like memorization whatsoever. I knew I was not one of those I had this for I could literally like memorize the whole book that was not me. So I knew whenever there was stuff that has to do with memorization, first of all, I had to change it into like a mnemonic Association. Like it wasn't like, Yeah, I just I don't do memorization. So that's partly why I went into cardiology, cardiology makes sense, you can think through it. cardiology is very physio physiologic, dependent, right? So for example, if I hear a certain murmur, and I let a kid I could tell based on the marble, okay, the blood is going on this side inside. So that means this happens, and I miss that happens. Like I can deduce it, I can think through it. So that's why I have cardiology, it just makes sense. There are other things like and I'm not putting my neurologist down now, but there are other specialties like neurology where like you, you have to memorize a lot of stuff, because it's just what it is. A one plus one doesn't equals two. Whereas in cardiology, like it's more like physics, right? Like, it's more pipes and blood flow. And I say we're just plumbers and electricians and cardiology, like if the electrical system of the heart and the pumping system is very simple. I mean, I'm obviously oversimplifying it, but like, it just makes sense to me. So that's why I actually picked my specialty because it makes it I



Katy Weber 22:06

don't do memorization. Ah, interesting. I feel like I want to do an informal survey of like, which fields of medicine tend to attract ADHD brains versus other fields of medicine?



Dr. Lola Day 22:18

Right. So I'm in a group, I may actually do that I'll let you know I'm in a group of physicians that have ADHD and Facebook, and I'm gonna put a poll up. A lot of us, a lot of them end up going to ICU. Again, a lot of physiology. Er, because you're always up and one thing like people with ADHD are good at it. When everybody is scared. We're usually calm. Yeah, so er, which, which was one of my top specialties, like, now I'm like, think about like, Oh, that's why I love er, like, we're usually calm under pressure. So er, trauma surgery, like all those high intense things like yes, like, you can see that you're like, Oh, yeah, you happy?



Katy Weber 23:06

Right. Yeah, interesting.



Dr. Lola Day 23:08

But I think I may do a follow up poll.



Katy Weber 23:13

And now, are you practicing still because I feel like you do, or do you coach and you practice and you do everything? Oh, my goodness. Okay.



Dr. Lola Day 23:22

Okay, so yes. So I, I practice full time, Monday through Friday, but my coaching usually is like in the evenings or Saturday. So my culture actually started like two and a half years ago, I would say, and he actually didn't have to do with ADHD at all. I was just helping moms who were overwhelmed. But I would use my HSG strategy. And I realized that while he helped us maybe by 10%, he like quadrupled that. Because like they didn't have any neurodivergent issues. Like they were like, Oh my gosh, Mama, you're amazing. Because they will constantly like lol, I don't know how you do whichever visit practice and you have this podcast sound like just, you know, I'll be like, just come to my house on a Saturday, we'll go through all your schedule. And I literally do like what now I call a VIP day. I go through all the schedule, when we kind of like strategize. I give them pointers, I give them tips I use I give them all those little tricks, and he transforms them. And I used to do just like one a month. Because I was like, I'm also very self aware of the amount of things I want to do. I did it because I loved it not because I was trying to make money off it. And then about a year ago, a particular person was like, I don't think it's fair. You only take one

party a month because I have all these people who want to get into your program and they can't get in and other than I'm like well I have a really a pro, I just do this because I love it. And then I started toying with the idea of group program. So my group program has like basically what I used to go over with everybody, like in a course format. So basically, you do like a five or 10 minute video every day. And then we just strategize together one day a week. So I will say majority of my business work, honestly, that takes a lot of my time. It's not the program, the program part is the easiest part because I love doing it. I like when you love it, you don't care, what the marketing and the, you know, the other aspect of the business side that we don't like. So I decided, so let's do that part.



Katy Weber 25:48

And I love what you talk about when you with the kryptonite and the superpower. Because I feel like we do talk about the superpower a lot. I certainly feel like there's so much in my own life that I attribute to so much positive that I attribute to ADHD. And I'm glad I can because I felt like before my diagnosis, I've never really thought about the positives, I only dwelled on the negatives. And so my diagnosis has really helped me see so many of my own positives. But I also see that the term superpower can be problematic for some because of people who are still really struggling and that just getting your diagnosis doesn't mean you stop struggling, we still live in a world where we require a lot of help. And we require a lot of structure. And like you said, If you ignore your ADHD, you can get into a real you know, downturn like it's, it's really a matter of sort of keeping on top of what you need to lean into and what you don't leave you to lean into. So like, I love that, how you've sort of set up that dichotomy of the superpower and the kryptonite, and that the two of them goes hand in hand. And it's really about knowing what those are, you know, I think we especially really need to label things in a very, like concrete way that maybe other people don't.



Dr. Lola Day 27:09

Absolutely. And you know, to be honest, like I get what people are trying to do when they say oh my gosh, a superpower Don't think about the bikepark think about the good part, I get it right. You're trying to change a mindset of people who have talked so horrible about themselves, and you're trying to show them like, this is what you are capable of. So I get it. But I think like you said, in forgetting that there are people who are really, it's also a spectrum, like some people have a really bad way worse than I do. Right. And in to say that's a superpower. It kind of makes those people feel like, this isn't a superpower. I can function with this. But knowing that listen, yes, you have this good aspect of it, but just like he lived as a Yang gonna Yang. So we ADHD, you know, just like Superman, he doesn't

want to go to kryptonite, right? That's why I say kryptonite. I really don't want to go near the kryptonite. But he needs to know where the kryptonite is that where he doesn't go near it. So you have to be very, very aware of what your liabilities are, that comes with this ADHD. So you don't go near it. And then that will help you lead more into your superpower. So it doesn't mean like ADHD is not, you know, I don't want to call it bad, right? But it doesn't mean that you cannot be it cannot wreck havoc in your life. It can but you have to be aware of both the good and the bad events.



Katy Weber 28:46

Oh, yeah, yeah, I was explaining it to my daughter who is left handed. And with the analogy of being left handed in a right handed world, right. And so when you were my age, I was left handed when I was a kid, but I was forced to become right handed by my my kindergarten teacher. And so my generation a lot of the time we were just forced to become right. And so she's left handed, but I was like imagine living in a world where you don't have left handed scissors, you know, or so that you're always trying to cut and they're not working properly and you don't understand why everyone else is cutting fine. And they're just not working for you. Or you go to school and everybody's desk is set up for right handed people and you can't figure out how to get I'm like that's what it feels like. It's like the world just isn't set up for a certain way of thinking and so when somebody creates left handed scissors, it's just this like amazing, miraculous, wonderful way in which you can function better in the world and, and but without that you feel like somehow you're failing and you can't figure out why. Why. So yeah, it does feel like in some in so many ways. It's really just a matter of figuring out like you said like the structures that you need. What are the left handed scissors that you need in each situation? And how can you get the best out of yourself?



Dr. Lola Day 30:07

Absolutely. And I think, you know, I've never heard the scissors analogy. I love that. Use that. Absolutely. I was like, Yes. I've never thought of it that way. You know, we we talk about the hunters or the family, theoretically, if you've heard about Yeah. But yeah, this makes us



Katy Weber 30:27

well, and it's like you were saying, when you were saying in your podcast, too, about the fact that it's like, this isn't a disability, this is really just a differential. This is a different way of thinking. And when you're, when you're in a world that expects one way of thinking and

you're on a different, it's not better, it's not worse. It's just is what it is. It is what it is. Yeah,

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Dr. Lola Day 30:49

I didn't expect you to fit in, right. And at the I take the.com know me, for us, it's like the world expects us to fit in because they expect that we're all like that, right? The left hand and the right hand thing back in your generation, you're not supposed to be left either you're supposed to be right handed. So they forced you to be right handed, right? You did it. But I'm sure there are some people that have a horrible right hand, right handwriting, because they were forced to be right handed. Whereas if they have left them left hand that they would have been okay, you know, it's simple. But just like ADHD, as well, like we're forced to be in this wall, the bees go in a certain pace, and is expected to go in that certain pace. Whereas our brain wants to invasion and think through things and strategize and do what he wants to do when he wants to do it. Right. So I mean, I love my brain. Like I said, it helps me strategize. But at the same time, I also acknowledge the limitations that I have to deal with to be able to fit in this world that we live in, because this is the only world we have. So we got to fit it in somehow.



Katy Weber 32:08

I have spoken to what you know, I have interviewed women who are PhDs, who are medical professionals, and then I've interviewed women who are have dropped out of college multiple times. And so we all have such different relationships, very complicated relationships with academia. And, and for me, like it was, I just feel like one thing we all have in common is how voraciously we love learning. And so for me, it was really like, being able to separate my intelligence and my love of learning from my experience with academia was huge. That I'm like, my intellect is or my experience with academia is no reflection on my intellect. And I really be that to like, have that drive home for me, because it was, it was a sense of shame I always had throughout my whole life, which was like feeling like I wasn't really a smart person, because I struggled so much in school, and barely graduated by the skin of my teeth.

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Dr. Lola Day 33:07

Oh my gosh, so like, it's so fun. Remember, rlsa I never thought I was that smart, because I studied more than everybody else. And I think we me one of the things that helped me I'm also very competitive, and like, Uber competitive, like, with myself, though, right? Like, I'm very, very competitive with myself, like, I set a go, I will teach you ADHD, you know, like, I'm that kind of person. And I think that the structure in my family, and the ability to

always even with ADHD, right, like we all thought about cliffsnotes let's just use Cliff Notes to get this, like be the ability to to be able to find another way to get things done was how I was able to survive. I don't think I'm any smarter than anybody who wasn't getting all A's. I don't think I'm more of a genius or anybody else. I think I was just born in a right family at the right time, with the right amount of competitiveness. And that's why I was able to get where I needed to get to it learning things like Cliff Notes, I loved math. I don't know if you love math or not, because math makes sense. That's why I love that. Like, I didn't have to memorize anything. If I knew the formula, I was good.



Katy Weber 34:30

I was gonna say I used to love math, and until high school when I really just kind of dropped out altogether of all my classes. But I was always really great at math. But the one thing I always had a problem with was memorizing the formulas, which luckily they don't make you do anymore. Now they don't make kids memorize formulas. But I remember telling my daughter when she was 12 or 13 I was like the only time I ever cheated on tests was when I would write to the for the bath formulas inside the cover of my Texas Sherman's calculator, because it was a plastic calculator, and I could write the formulas in pencil. And then as soon as I got sat down to the test, I would write all the formulas on my paper. And I would erase them, I would erase them from the Texas Instruments calculator. So I didn't get caught. And I was like, I always felt terrible about that, because I knew it was cheating. But I was like, there was no way I could have memorized those like,



Dr. Lola Day 35:23

gosh, like, it's something just occurred to me right now. Because I remember, I still have an index card of all the formulas. And I will come up with like, little mnemonics for them to like, memorize them. And I would like people know, don't talk to me before a test. Do not talk to Lola, she does not talk to you don't look at her eyes. Because I'm literally like, recites that in my head. So I don't forget. And then as soon as I sat down, like running down real quickly,



35:55

yeah,



Dr. Lola Day 35:55

I never thought about Dabi ADHD.



Katy Weber 36:00

Totally right, where you have to hold on to something. I mean, that's such an such a huge part of our difficulty with functional memory, which is like, yeah, if I need to remember something, I have to think about that one thing over and over and over again, until I can write it down, or I can put it where it needs to go. Otherwise, I'll forget about it.



Dr. Lola Day 36:19

That's why I hated standardized tests, right? Like when you did standardized tests, like you had a billion formula, like you didn't know, like, I would like literally think of like maybe the 10 most important ones, they would ask that I would write those down in front of my paper. Back then during the essays pre computer, you had papers at that what I hated about is like after each section, it will take your paper from you. And then you get another paper you're like, Oh, my God.



Katy Weber 36:51

Yeah, I was just talking to somebody recently, who was talking about the agony of like a ticking clock. One of my interviews, were talking about ticking clocks and exam rooms. And it just like brought me right back to so many of those huge gymnasium exam tests in college and having some noise somewhere where I would be like, Alright, I'm going to flunk this exam right now, because I can only think about that ticking clock, right?



Dr. Lola Day 37:17

Yeah, yeah. Oh, my gosh, yes. I feel like okay, like you reminded me so many things right now.



Katy Weber 37:25

entire episode about like, test taking, you know, and all of the all of the extra hard work that we have to do when it comes to taking tests to manage all of that. All of those idiosyncrasies. And it just goes back to that idea of like, yeah, you we've really worked very hard in order to kind of keep those structures in place. And that was, I almost cried when, when I was getting my diagnosis. And I was talking to my doctor, because she said,

Do you lose your keys? And I said, No, I don't lose my keys. But I also have to always have my keys in this one spot. And I always have to have like, you know, I do this, and I have reminders. And I have alarms. And I was telling her about all of these ways in which I feel like I'll show you the structure. So I'm never late, you know, lateness was never an issue for me. But this is why and I told her all the things that I do to make sure I'm never late. And she was like, wow, you work really hard. And I kind of stopped and I wanted to cry because I felt like, I've spent my whole life thinking I didn't work hard. You know, like, I spent my whole life thinking I was lazy. And I think lazy as such. You know, in my house, we call it The L Word because it's so negative. And I think it's something that we attribute to ourselves so much. And it was really the first time that I heard was able to allow myself to hear that. No, I'm actually a really hard worker, and it like blew my mind. Yeah,

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Dr. Lola Day 38:48

and if you look at some of the positives of people who have ADHD, one of them is grit. Like, we have grit, like we're able. And it's so funny, because when I sometimes try to like mentor, some, like young kids, like they're like, I'm so lazy, I don't get stumped. And I'm like, actually, No, you're not. And I would like ask them questions, just like your therapist did. They're like, I did this to get this. And I'm like, do you know how many of your friends do that? Let me tell you right now, probably not that many. So the fact that you're going through it as many hoops to get the simple thing as not forgetting your keys, is the fact that you're hard working, you're actually wanting this to work. laziness is not caring, you actually care. You know? So that's the difference. And it's so it's quite amazing talking to people, like yourself and other people. I just realized that Oh, wow. They are right, we're all



Katy Weber 39:53

well, and I love how many women I interviewed too, who have gone who do things to help others. You know, like, I feel like we are So empathetic because of that struggle that there's a sense of like, if I know that there was another woman out there who is dealing with what I was dealing with a year ago, and I came up with a solution, like I will help anyone try to find that solution to and I feel like so many of us end up becoming coaches and end up like becoming advocates, and really kind of dedicate ourselves to helping others in a way.

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Dr. Lola Day 40:25

I agree. I agree, which is why I went into it and which is why I realize that it may not, when you talked earlier about me coming out. It be coming out, I realized that I wasn't really

helping my tribe, like I like to call us right, like my people that needed me, I help a lot of moms. And it's great. And and as you know, your mom, a lot of moms are overwhelmed atsg or not, but moms who have ADHD is to another level. So it means not coming out and letting people know that I had ADHD, I felt like I was actually not helping the people I really should be helping. And now since people know I have ADHD, a lot of us who have ADHD have contacted me and been like, Listen, I've been to people to help me strategize my life. And they'll give me stuff that doesn't work for my brain. Like, don't give me tips that just does not work for me. Or they'll say, oh, why don't teachers do this? And you're like, I just can't do that. Because I don't remember to do that, you know. And it's been a lot more fulfilling. I mean, like working with moms is fulfilling for me, but working with moms who have ADHD, as it's just been amazing. And one thing I've also been encouraged in the moments like, a lot of them get back does because their child gets diagnosed, actually, that about 40% of children who have ADHD, their moms have ADHD, and about the children who have diagnosis about 50% dads have a 40% moms have that. So it's a it's very hereditary. So we teaching them a lot of the strategies they're implementing, and not only in their own life, but in their children's life as well. So I have been implemented some stuff for my daughter too. And I'm hoping maybe years down the line, we could maybe write a book together and see if we can help mother daughters with ADHD owning earlier, you know, is that like a dish is like, what is that? Does it mean I'm different? No, you're not different. It was just special. You're like, Mommy, she's like, I'm like you like, Yeah,



Katy Weber 42:46

I do have so much gratitude for the pandemic in that way. Because I feel like the pandemic was what led to my diagnosis, because like you said, like, we had all of my structure, everything, this house of cards that I had in my household that was working, stopped working when everybody was home. And I suddenly had to be the housekeeper and the the maid and the cook and the teacher and everything, and I just kind of fell apart. And now looking back a year later, it was because, you know, it took that breakdown for me to really take ADHD seriously. And then now I think about how the opportunity I have to help my children. Because my son who is exactly like I was in terms of what he struggles with in school, I now have a name for that. And I now can help him as opposed to, you know, if, if I hadn't seen this if he was still at school and struggling, and I don't know how I would have, you know, how, what teachers would have thought it was or you know, how they would have looked at it? Or if they would have just said, you know, he's he's just to see students distracted? Yeah. Or I don't even I mean, yeah. Or he just doesn't like reading and you're like, all right, well, you know, like, all of these ways that you sort of just brush it off and think well, I guess you're not working hard enough. Oh, well, you know. So yeah, I do have a lot of gratitude for how this is going to help not only me moving forward, I mean, it's helped me tremendously but just like now the opportunity

that I have to help my kids is

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Dr. Lola Day 44:18

right and even giving them the ability and the allowance to be able to do things that they love right? Knowing that people like us who have ADHD will thrive in things we love doing. So like I say like okay, if your child doesn't like a class because they don't love it, can we teach them how to love it? Maybe that will help them thrive right? So like my daughter like when we have to memorize like she has to memorize some her Spelling's and stuff, and we know how we are with memorization. So we do dance parties while we're memorizing and we make a fun. So now she loves memorizing history. Alan, you know, cuz his dance party days and stuff. So you just have to find ways for them to love they so they can thrive in it. And since we've been doing that, like, I mean, she's always done okay with that as she's been like a senate because all she said, Oh mommy when I was spelling this, I remember where you shaped your book like I remember what you did like I do all that because I know that that would help her. Would I still be doing that when she's in high school? Probably not. But now that I can do it,



Katy Weber 45:36

but you've given her Yeah, you'll give her the tools to be able to shake her own. But when she needs

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Dr. Lola Day 45:45

it, a lot of it also is a foundation and the confidence, right? What I don't want her to have now is that confidence of I'm not smart, right? So if I can build that confidence now that you're smart, you just have to do it differently. It's going to help her when she's in middle school and high school. And as far as I know, they're like, like, I told her, I was like, you know this, you just don't like learning that way. Like, even like her math, for example, her, you know, this new math they're doing and I was like, Listen, I know they want you to learn it this way. But let's do it this way to get the answer and it will go backwards.



Katy Weber 46:22

So one thing I do ask all of my guests is if you had a chance to rename ADHD, would you come up with a different name? Because those those that acronym can be so problematic, especially to women when it comes to seeing ourselves in the diagnosis? Yeah, so



Dr. Lola Day 46:40

I, I came across a particular name recently and is variable attention stimulus trait. Have you heard that? Yeah, I



Katy Weber 46:49

know that Halliwell and rady talk about that a lot in in ADHD. 2.0.



Dr. Lola Day 46:54

You know, I feel like that works better. Because I tell people that oh, you know, people with ADHD, dear. You know, their problem is attention. I'm like, the problem is not with our attention is with regulation of our attention.



Katy Weber 47:10

There's no deficit of attention, right?



Dr. Lola Day 47:13

Like, oh, you know, like, Oh, this girl, you know. So we can hyper focus and we can no focus we don't like I had a data by its ago, the other day, I was like, we are lto. We don't have anything, we're either whole accidents or no accident. Or the light switch. You



Katy Weber 47:36

see that meme? A lot of like interest, no interest. Yeah,



Dr. Lola Day 47:39

exactly. You know, so I think that works better. It's a variable or tension trait that we have. And even though it's variable, you just have to realize what do we really want to pay more attention to or not? And I like that, and I think I'm gonna cop hats. I like that.



Katy Weber 47:59

Yeah. Well, they're really trying to make it stick to because I do feel like, especially when it comes to advocating for what this looks like, in adults and in women and in girls. I mean, it

is so it is it really ADHD that I feel like does not do it justice.

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Dr. Lola Day 48:19

Does it? It really does it. I don't when I think of a disorder, right? I'm thinking of something that needs to be fixed or can be fixed, right? And I tell people like you're like, I'm gonna get my medicine is gonna kill my ADHD. I'm like, it does not care. Right? What you what a lot of does medicine what it does is it increases the receptor of your dopamine. So it basically increases your interest receptor. Your dopamine is like a feel good receptors. That's all he does. And when you're off it, it's down again, so it doesn't cure it. So and when you have the sorta also it also makes a good thing. There's something inherently wrong with me. Which is not true. You're just different. You know, I say this sometimes I don't like when I sound like you know, when you look at me, I'm black. You know, I will always be black. I will always be beautiful, Ebony. That's what I am. It's not going to change, right. ADHD, that's who I am. It's just the way my brain is wired. And I think the more I accepted that, the more I was able to like work with the next.



Katy Weber 49:31

Man, you just brought up something huge, because I feel like one thing I have loved about the ADHD community is how I feel like the most intelligent voices are black women. And I love that how many communities are we able to be in where the where I feel like we I have I have been exposed to so many incredible like leaders who are black women and I love I mean, I feel like the reason why and you can correct me if I'm wrong, but I feel like When I think about how, you know, our lives as as women with undiagnosed ADHD and I feel like we so much of our experience was like self denial, and behaving, and masking and so many things when you think about what it was, you know, and then I think as a white woman, I think like, what must it be like to add to that the element of being raised as a black woman in a society that is not that is denied, you know, denies who you are and and denies your power and like it just like it, I find it very overwhelmed. Like, it just blows me away thinking about how that extra element right? of identity

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Dr. Lola Day 50:44

is something right there. Yep, yep, yep, yep, yep, yep, yep, yep. Oh, and I didn't want to go there. I really didn't want to go there. And you know, what I talked about that one issue my ADHD, that's part of that, right? Like, I already have this one layer of being a minority in, in medicine, right. And, either we like it or not, like, there's, there's some stereotypes in medicine, and there's some people that would never think you're going to be a good

physician because of who you are, or what you look like, not who you are, because of what you look like. Because deep in our skin, I'm a cardiologist, I've done anatomy, I can tell you, we all look the same under this melanin. Right. But Dad, you know, you have that layer. And you said something about, you know, we, we, um, minorities tend to have this performance thing like we try to, we try to fit in, in the common world. Yeah, this is how it's supposed to be. And you know, so you can imagine that, and they added ADHD on top of it,



Katy Weber 51:48

and just the level to which you have to work harder to sort of show you the, you know, to show up in a room, you know, and to feel like you belong, I mean, I feel like there's such that additional tax of the, that's



Dr. Lola Day 52:02

why I write, that's why I would work 10 times harder, right? Like I would fall for us, for example, I remember when I went got into medical school, there were five lakhs in a class of 200. So the idea, right, he was like, oh, blacks don't do well in medical school. So how dare I say, cuz I have ADHD, I'm not going to do well. So I will come, I will come into class in the morning as early. So first of all, I didn't listen to I was never a quote, unquote, lecture. I, all the lectures were recorded, thankfully. So what I would do is that I was always a day behind. So I will come to the library at like, 5:36am in the morning, as soon as they were open. And I'll listen to the day before the lecture and one and a half speed. So because it was one and a half speed, I had to pay attention because it was going so fast. Right? So I would do that. And then when I was done with that, I would quiz myself and teach myself and I literally would be in school from 6am to like 10pm every day, you know, and I did that. And I worked so hard to get to where I got to because how dare I get this opportunity to be a physician. And then I don't do well in medical school, because the way and if you ask any black woman, they'll tell you like, you almost feel like you don't want to do bad because if you did bad, they will automatically think oh, black people don't do



Katy Weber 53:40

proven them. Right. Yeah, exactly.



Dr. Lola Day 53:42

Yeah. So that's why I worked so hard in medical school. I did I got a residency, same thing.

I will double hated residency and oh, fellowship was even worse. You know, like, so it's like this. Like, I don't regret it, because I feel like the more I did it, and the more they see, like this mentor that I was talking about you as a white woman, you I actually was always enthralled about how much I knew. And every mind matters. I knew how much I studied. But she she she I caught her my my mini Savior, right, because she was able to see it. I mean, like she's like, no, you're very intelligent, and I want you to go get tested. So there's always allies around us. That's helped us but yes, yes. I didn't know we were gonna go there today.



Katy Weber 54:40

I think it's incredible. And I think also in an eye that also brings us back to the idea of stigma to because of that sense of like, how is my if I'm open about ADHD, how is it going to be received because I don't want to feel like I can just you know, if I don't want to give anybody a reason. An additional reason to looked down on me or to pity me or something, you know. And so it also comes back to what we were you were talking about with grit, too. And I mean, in some ways, I imagine the, you would credit the ADHD for, for accomplishments, but as well, but at the same time realizing Well, no, but I'm actually like a really hard worker. It's the grip. That got me right. Yeah. And so how do you intertwine those I don't know, but I for what I'm just I am so grateful for since being kind of introduced to the ADHD community, that there is this incredible representative representation of black women because like I said, like, it's not something you get a lot, you know, the, there's not a lot of communities where I feel like I can sit and listen and and help amplify your voices and feel like you are teaching me so much about the insights and and the awareness and having just like, I feel like I'm learning so much from different voices that thank god aren't more white men. And we can all benefit.



Dr. Lola Day 56:11

So, oh, no, I appreciate you. And you know, any, it takes someone wanting teachers, you know, because at the end of the day, like, does it really matter? Like what the skin color of the person taught them is? No, society is just put that struck that constructed right. So no, I appreciate you having us on your podcast. And I've loved it like, it is our like, I've learned other things about myself my way that's true. I used to do.



Katy Weber 56:41

It's been such a pleasure. I'm, I'm so glad I got this chance to talk to you. Thank you so much for coming on and sharing your story and your wisdom. And I mean, you are doing

so much what are the best ways people can find you out there on the internet and work with you if they need to, or just get more of your insights?



Dr. Lola Day 57:02

Yeah, yeah, like, Oh, I think one of the easiest place where you can get ahold of me is just going on my Instagram and then if you go my bio, I have like multiple Oh, so if you go on my bio, my company name is lolly. taskin. So that's www.lletskg.com but my Instagram is lolly Tasker.



Katy Weber 57:29

I love that phrase lolly tasking too, because it kind of reminds me of like, lollygagging. But but at the same time, right, but at the same time, it's like, but I'm also like, I'm kicking butt. Right?



Dr. Lola Day 57:46

Yeah, I love that. You caught that because like, you know, at least in the Saudis, I will step lollygag as I can lovely guy is like just, you know, whatever. But it's like no, like I'm lolly tasking. It kind of works both ways. I love it. I love it. Great.



Katy Weber 58:01

Awesome. All right. Well, thank you again so much. It's been an absolute



Dr. Lola Day 58:05

pleasure. This is fantastic. I appreciate you having me on the show.