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# Transcendental Meditation helps students with ADHD

SILVER SPRING, MD - Attention deficit hyperactivity disorder, or ADHD affects as many as 2-million children in this country. The treatments vary but often include medication. Now one Washington area school is studying an alternative treatment and they say it's working.

"Let's sit comfortably and begin our mantra" orders Sarina Grosswald, PHD, project director.

At Chelsea School in Silver Spring, 10 students with ADHD are trying Transcendental Meditation. The school is part of a 3-month study to see if meditation can help the children overcome the stresses of their disorder.

"TM is a mental technique that allows the mind to settle down - when the mind settles down the body settles down" explains Ms. Grosswald.

Settling down is one of the problems of kids who suffer from ADHD, they often have difficulty focusing and paying attention.

Ms. Grosswald explains further "it's frustrating when these children become behavioral problems but it's not something they do intentionally, it's something they really can't control."

At Chelsea, students in the pilot program gather twice a day to meditate, and they say it's helping.

"It's helping me do my homework and helping me with my relationship with my friends" student Taylor David said.

Scott Schwartzman, also a student says "it's helped me in not getting as frustrated with my work, not being disrespectful with my teachers and basically just being a normal teenager."

The academic head of Chelsea Academy says the meditation program benefits the entire school.

Dr. Linda Handy, Principal at the academy says "I see this as having tremendous impact for all our students. I'm excited about being able to take it to all of them."