

**PRESS RELEASE:** Sydney, 16 October 2015

## Imagine That! Turning a Life Around

**Note: October is ADHD Awareness Month**

A young man from Epping, who calls himself Dseeva, has had a tough life. ADHD has made it difficult for him to focus, organise, prioritise. He was expelled from school, became addicted to drugs and struggled to find steady, paid employment. His casual work was rapping in nightclubs, where he might make \$60. He was an angry young man. Then, six months ago, working with clinical psychologist, Dr Caroline Stevenson, he was awarded a \$5,000 grant (from [My Choice Matters](#)) to write, produce, record, mix and master a song about the most significant area of his life that he would like to improve – organisation.



He aimed to show other people with mental health issues, such as ADHD, Depression & Anxiety, **that it's possible to achieve your goals despite these setbacks**. The rap song he created "Imagine That!" is the most positive thing he's achieved and marks a turning point in this young man's life. The song and lyrics are both professional and inspirational. While aimed at those with mental health issues, they have universal appeal.

*ADHD affects 7% of the Australian population, an estimated 1.6 million people. However, it is difficult to diagnose and is perhaps one of the most misunderstood conditions. There is no additional government funding for ADHD kids, who are integrated in mainstream schooling. This affects ALL students because there is (on average) one child with ADHD in every classroom in Australia, and they are frequently undiagnosed and/or don't receive the learning support they require.*

The song is available to download for \$2.00. Dseeva has offered to donate 50% of the song's proceeds to [ADHD Australia](#), the newly formed peak national organisation which aims to support people with ADHD, increase awareness and understanding of the condition, and help remove the stigma of living with ADHD.

The song can be heard/purchased at:

<http://subc.bandcamp.com/track/scr024-dseeva-imagine-that-prod-by-dseeva-single-2015>

Lyrics are reproduced on the following page. Regarding Dseeva's availability to perform the song - please contact Dr Stevenson.

Dseeva is currently developing a video clip to accompany "Imagine That!"

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### MORE INFORMATION:

#### Clinical Psychologist

**Dr Caroline Stevenson**

Caroline Stevenson & Assoc  
Suite 210, 2 Pembroke Street,  
EPPING NSW

M: 0411 028 664 or T: 9869 8891

#### ADHD Australia

**Dr Michael Kohn**

Clinical Associate Professor  
Paediatrics & Child Health  
Children's Hospital, Westmead  
T: 02 9845 0000

#### ADHD Centre Helpline

**02 9889 5977**

Available Tuesday, Wednesday &  
Thursday between 10.30am –  
4.00pm (or leave a message).

<http://adultadhd.org.au/>

# Imagine That! (Lyrics)

by Dseeva (c) Sub Conscious Records 2015

## Verse 1

I go round in circles like the tyres on a car /  
Trying to stay focussed, I don't know where to start /  
I've been trying to stay on task but I keep losing motivation /  
Pacin' 'round the room I'm agitated, I got no more patience /  
I am so anxious, having ideas then hesitatin' /  
Angry at myself, I'm going crazy - feel like time is wastin' /  
Chasin' lines in my mind, trying to put pen to paper -  
write down my rhymes but then I lose my concentration /  
Everything that I need to put on the pages  
is in my head - I just need to locate it but it is complicated /  
I want to stay on target - I aim for the mark /  
But it's hard to maintain the lane from the brain to the heart /  
I put my pain in my art, if it ain't off my chest –  
I feel like giving up and it makes me depressed /  
'coz just functioning day to day leaves me drained and I am  
stressed /  
No time for taking a rest /  
Trying to paint a picture, my painting's a mess /

## Chorus/hook

Come take a walk with me,  
Come and try my shoes /  
I'll tell you all you need,  
There's nothing left to lose /  
Choose your priorities,  
Decide your to-do's /  
Look what I've achieved,  
And know that so can you /

## Verse 2

A place for everything, everything in its place /  
It's give and take, not everything is a race /  
You need to make a schedule, set yourself goals and limits /  
Write up a checklist and keep rolling with it /  
Break down your goals into smaller, achievable steps /  
Then tick them off as you go, so you see what is next /  
If you're needing a rest, do it - it's all part of it /  
Don't be afraid, if you need help, ask for it /  
No one's good at everything, but everyone's good at something /  
Doing a bit each day is better than doing nothing /  
I was in a dark place, now I'm a new man /  
Believe me when I say, " If I can do it, you can!" /  
It's not all about the destination, it's the journey too /  
A person that you think's amazin' is still learning too /  
Done so much in a year - got my ride into gear /  
No more doubts in my ear / The fog lifts and clears, then  
disappears /

## Chorus/Hook X2

## Bridge/Outro

Sometimes I feel like I can't stand it /  
I've been through it all and I'm still standin' /  
Instead of fighting it, try understandin' /  
You can make it happen, just imagine that

Listen to the song at:

<http://subc.bandcamp.com/track/scr024-dseeva-imagine-that-prod-by-dseeva-single-2015>

Released October 8, 2015

Written, Produced, Recorded, Mixed & Mastered by Dseeva

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