

The ADHD Overwhelm Reset Page

A Free One-Page Reset for When Everything Feels Like Too Much

Pause & Stop

- Take 3 slow breaths
- Drink Some water
- Stand up or stretch
- Step away for 2 minutes



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You don't need to decide anything yet.

What Feels Loud?

One thing that feels overwhelming right now:

You don't need to fix this.
Just name it.

Choose One

If you're ready, pick one option:

- One tiny task
- One easy task
- Rest
- Nothing

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All options are valid.

Permission to Pause

Today doesn't need to be productive to count.
You are allowed to stop here.