
5 CUES YOUR ADHD BRAIN* NEEDS REST

A 1-minute self-check for ADHD-related fatigue and overwhelm:

- ☐ **Your brain can't choose the next step.** You're staring into space, or getting lost in scrolling - but not making any decisions or moves.
- ☐ **Your self-regulation disappears all at once:** your emotions, focus, planning, motivation - all fall at once, like a halted system.
- ☐ **Your environment feels chaotic and oppressive.** The clutter on your counters, surrounding noises, notifications suddenly feel overwhelming.
- ☐ **Your thoughts scatter - not slow down.** ADHD fatigue can make your mind jumpier, "pinging," scanning, losing the thread mid-sentence.
- ☐ **You can't start important tasks even if they feel easy -** but you start hyperfocusing on something irrelevant.

While anyone can experience these symptoms when tired or overwhelmed, ADHD brains tend to hit these states more often, more suddenly, and feel them more intensely - in ways that can become increasingly disruptive to daily life.

1- MINUTE ADHD BRAIN RESET

- **Reduce input:** soften eyes your eyes (or even shut them), drop your shoulders, exhale long and slow
- **Name your state out loud:** eg. I'm feeling overstimulated / drained / stuck / wired-tired / emotional right now"
- **Do one micro-interruption:** move away physically from your current space, stretch your body, step away from any screens