

SPACE TO BREATHE

MOMENTS THAT CAN INTENSIFY

CLUTTER OVERWHELM



THE LAST STRAW MAY BE
SMALL. THE LOAD UNDERNEATH
MAY NOT BE.

1

Too many visible items

2

No clear home for things

3

Several unfinished projects

4

Shame blocks asking for help

5

Decision-heavy sorting

6

Mess returns quickly

NOTICE THE LOAD • PAUSE • REDUCE DEMANDS • RECOVER

This may be part of an ADHD experience, but it is not a diagnostic checklist.