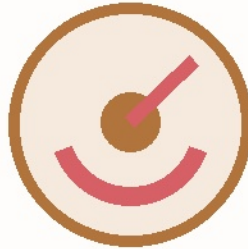


SPACE TO BREATHE

MOMENTS THAT CAN INTENSIFY

INTERRUPTED HYPERFOCUS



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

1

**Someone speaks
mid-thought**

2

A notification breaks flow

3

**Having to change tasks
quickly**

4

An unexpected visitor

5

**Stopping before
completion**

6

Losing my place

NOTICE THE LOAD • PAUSE • REDUCE DEMANDS • RECOVER

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