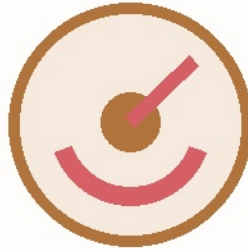


SPACE TO BREATHE

MOMENTS THAT CAN INTENSIFY LOSING EVERYDAY ITEMS



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

1

**Putting something down
while distracted**

2

Objects have no fixed home

3

Leaving in a rush

4

Carrying too many things

5

Changing bags or rooms

6

Tidying items out of sight

NOTICE THE LOAD • PAUSE • REDUCE DEMANDS • RECOVER

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