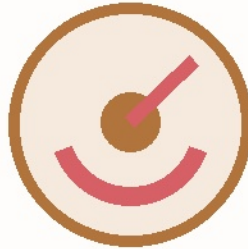


SPACE TO BREATHE

MOMENTS THAT CAN INTENSIFY

MASKING BURNOUT



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

1

Monitoring every response

2

**Hiding movement or
emotion**

3

Long social or work days

4

**No safe place to
decompress**

5

Trying to look organised

6

Being praised for coping

NOTICE THE LOAD • PAUSE • REDUCE DEMANDS • RECOVER

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