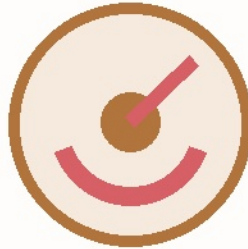


SPACE TO BREATHE

MOMENTS THAT CAN INTENSIFY WAITING MODE



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

1

An appointment later today

2

Waiting for a delivery

3

An uncertain start time

4

**Needing to leave in two
hours**

5

Plans that may change

6

Watching the clock

NOTICE THE LOAD • PAUSE • REDUCE DEMANDS • RECOVER

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