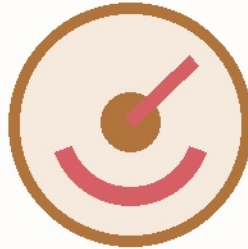


SPACE TO BREATHE

MOMENTS THAT CAN INTENSIFY

UNDERSTIMULATION



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

1

Repetitive work

2

Long passive meetings

3

Waiting with nothing to do

4

Tasks with no challenge

5

A quiet environment

6

**Delayed feedback or
reward**

NOTICE THE LOAD • PAUSE • REDUCE DEMANDS • RECOVER

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