

MOMENTS THAT CAN INTENSIFY

ADHD SHUTDOWN



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

1

Demand exceeds capacity

2

Conflict feels inescapable

3

Too much sensory input

4

Decisions keep arriving

5

Emotions have been held in

6

No safe way to pause

NOTICE THE LOAD • PAUSE • REDUCE DEMANDS • RECOVER