

FIND THE WORD YOU NEED TODAY

ADHD

You don't have to do everything. Find the word your brain needs today.

M	Q	K	N	R	E	N	O	U	G	H	B	V	I	H	Y	F	Z
R	Z	X	P	P	M	O	C	R	S	C	H	O	I	C	E	S	H
J	L	I	U	V	B	N	B	I	R	T	E	T	K	A	Q	J	L
S	P	B	R	E	A	K	E	E	D	L	A	T	A	X	I	O	H
M	Y	R	P	G	H	A	D	X	T	Q	T	R	B	S	S	H	U
T	T	W	E	E	E	N	J	V	Y	T	Y	M	T	C	C	W	Y
M	X	T	C	S	I	K	I	N	D	N	E	S	S	G	A	T	G
F	U	A	N	M	T	V	E	S	F	W	E	Y	Y	T	A	U	M
D	P	M	E	B	X	N	F	M	T	R	K	F	R	S	A	D	T
S	Y	R	X	F	I	R	L	T	E	Y	O	O	U	J	E	E	T
V	S	A	X	T	A	P	Z	T	D	G	P	P	P	E	I	K	F
S	C	I	U	N	K	O	N	O	K	P	O	A	K	U	L	N	W
N	Z	O	R	F	Q	I	B	M	U	W	W	U	Q	G	E	R	K
F	R	K	R	G	O	E	I	S	H	M	H	S	R	E	S	E	T
X	M	P	F	Y	V	C	V	U	O	B	P	E	S	F	U	X	K
S	O	R	M	D	M	G	U	W	T	I	M	E	Q	H	D	I	L
N	V	I	C	O	D	G	S	S	R	E	W	A	R	D	F	L	S
X	E	N	Q	M	B	U	O	X	B	S	I	M	P	L	I	F	Y

Words hidden in the puzzle: PAUSE · START · RESET · MOVE · REST · FOCUS · TIME · SUPPORT · SIMPLIFY · KINDNESS · ENOUGH · BREAK · BODY · CHOICE · ROUTINE · QUIET · REMINDER · INTEREST · SPACE · REWARD

This is not another task to complete perfectly. One word is enough. Notice what catches your attention and let that be your starting point.

Space to Breathe Therapy

WHAT DOES MY BRAIN NEED?

ADHD can make the day feel as though everything is competing for attention at once. You may know what needs doing and still struggle to begin, move between tasks, remember the next step, judge time or stop when your brain and body need a break. This page is about reducing the demand, not adding another one.

My word today is:

Why might my brain have noticed this word?

Turn the word into something small

If your word was **START**, make the first step almost ridiculously small. If it was **REMINDER**, move the information out of your head and into something visible. If it was **MOVE**, perhaps your body needs movement before your attention can settle. If it was **SIMPLIFY**, remove a step rather than demanding more effort. If it was **REST**, remember that stopping can be part of functioning, not evidence that you have failed.

The smallest useful thing I can do next is:

A MESSAGE FROM MAGGIE

Living with ADHD can involve far more than being distracted. Memory, motivation, task initiation, organisation, time awareness, emotional regulation and the ability to shift attention can all affect ordinary everyday responsibilities. When those difficulties are repeatedly misunderstood as laziness, carelessness or lack of effort, confidence can take a real knock.

I do not want this word search to become another thing you feel you should finish. You can abandon it halfway through. You can circle one word and stop. You can come back later. The point is to notice what might make the next part of your day easier.

If **FOCUS** finds you, that does not automatically mean 'try harder'. It might mean reducing competing input, changing location, using a timer, body doubling or choosing one visible task. If **TIME** catches your eye, perhaps you need an external clock, alarm or countdown because relying on an internal sense of time is not working today.

If **ENOUGH** stands out, ask whether you have quietly turned today's expectations into an impossible list. If **REWARD** appears, remember that interest and immediate feedback can matter to an ADHD brain. Building something enjoyable into a task is not cheating. It can be part of making the task accessible.

Most importantly, try not to use this exercise to judge yourself. Use it to understand yourself. The question is not 'Why can't I just do this?' but 'What would help my brain do this differently?'

Maggie

Space to Breathe Therapy

A quick ADHD check-in

My brain feels: _____

The thing competing most for my attention is: _____

What I can make smaller or simpler: _____

What would support me right now: _____