

ADHD Rescue Tools

SPACE TO BREATHE THERAPY

Small strategies for time, focus, feelings and planning

Pick one idea to try. Adjust it to your needs, energy and situation.

● 01 TIME AND STARTING

- Get tasks out of your head: use a visible list, calendar or reminder.
- Estimate the time, set a timer, and choose one small first step.
- Ask: "What is the next action I can see?"

● 02 ATTENTION AND FOCUS

- Choose one doable task; starting with the most interesting can help.
- Park distracting thoughts on a "later" note and reduce interruptions where possible.
- Plan a break or movement pause that works for you.

● 03 CHECK IN WITH FEELINGS

- Pause and notice your mood, energy and what you might need.
- Try a familiar soother or regulating activity: a stretch, music, quiet or a drink of water.
- Ask: "What might help me feel a little steadier?"

● 04 PLAN AND REFLECT

- Name the goal, the next step and a likely barrier (such as decision overload).
- Choose a cue, tool or person that could support you; delegate where it makes sense.
- Review what helped, then adapt the plan without blaming yourself.

● 05 PAUSE AND ACKNOWLEDGE

- Try STOP: Stop, Take a breath, Observe, Proceed.
- Swap "I am self-sabotaging" for "This got hard; what is one supportive next step?"
- Notice a strength, past success or person who can help you restart.

WHEN YOU FEEL STUCK, TRY A SMALL RESET

● NAME THE FRICTION

What feels hard right now?

● PICK A SUPPORT

A reminder, smaller step, pause or person.

● BEGIN GENTLY

Try it briefly, then review.

NOTICE • CHOOSE ONE SUPPORT • TAKE THE NEXT SMALL STEP

These prompts are options, not a test. Keep what helps; adapt or leave the rest.

Further reading: NHS - ADHD in adults (nhs.uk/conditions/adhd-adults) | NICE guideline NG87 (nice.org.uk/guidance/ng87)

This visual is for reflection and practical ideas; it is not a diagnosis or a treatment plan.