Understanding your ADHD rescue toolkit

Small, flexible supports for moments when everyday demands feel difficult.

ADHD can affect starting, switching and finishing tasks, attention, memory, time awareness and emotional regulation. Different situations call for different supports. This toolkit is about reducing friction, not trying harder.

Notice the moment

What is difficult right now? Naming the obstacle can make it easier to choose a helpful response.

Choose one support

Try a small adjustment, external cue, break or change of environment. You can revise it later.

My most common sticking points

- ☐ Starting a task
- ☐ Finding or returning to focus
- ☐ Remembering steps or tracking time
- ☐ Overwhelm or low energy

A situation where I would like more support

Quick rescue

Start with one tool on one page. You do not have to complete the whole workbook to benefit from it.

Getting started when you feel stuck

Task initiation: make the entry point smaller and easier to reach.

Why starting can be hard

Knowing what to do does not always translate into being able to begin. Unclear steps, transitions and pressure can increase friction.

Try one of these starting supports

Make it tiny

Open the document or gather one item.

Create a cue

Use a visible note, timer or familiar routine.

Add company

Try body doubling or a check-in.

Lower the stakes

Allow a rough first attempt.

The task I want to approach

My smallest possible first action

Quick rescue

Set up the first action only. You can decide what comes next after you begin.

Finding your focus again

Support attention without expecting it to stay steady all day.

Attention is variable

Interruptions, sensory input, interest, fatigue and task clarity can all affect attention. Returning to a task is a skill you can support with external cues.

Choose a return-to-focus tool

Leave a breadcrumb

Write down exactly where to resume.

Adjust the environment

Change sound, light, seating or notifications.

Use a visible target

Keep the next action in view.

Work in a short window

Try a manageable interval with a break.

What most often pulls my attention away?

One cue that could help me return

Quick rescue

If your attention shifts, you have not failed. Look for the next easy point of re-entry.

Working memory and time awareness

Move information out of your head and into a system you can see.

External supports count

Lists, alarms, calendars, written instructions and visual timers reduce the need to hold everything in working memory.

A simple capture system

Capture

Write it down in one reliable place.

Clarify

Mark what matters and what is next.

Cue

Add a reminder at the point of action.

What do I keep trying to remember?

Where will I capture it?

What reminder or time cue would help?

Quick rescue

Estimate time with a buffer. A timer is information, not a judgement about your pace.

Overwhelm and energy management

Notice rising demands and make room for recovery.

Look for early signals

Overwhelm may show up as irritability, shutdown, restlessness, tension, difficulty choosing or increased sensitivity. Your signals may be different.

Reduce the load where you can

Pause

Step away briefly or lower stimulation.

Reduce

Choose one priority or postpone a demand.

Ask

Request clarification, time or practical help.

Recover

Plan food, water, rest or a transition break.

My early signs of overload

One demand I can reduce or adjust

Quick rescue

Support is not something you need to earn by reaching a breaking point.

My personal ADHD rescue plan

Keep a short set of options ready for the moments you need them.

Choose strategies you are willing to try. You can leave sections blank, adapt them or return later.

When starting feels hard, I can…

When I lose focus, I can…

When I need to remember something, I can…

When time feels unclear, I can…

When I feel overwhelmed, I can…

Quick rescue

My first experiment: choose one strategy, try it in a real situation, and notice whether it helps. Adjust freely.