

The ADHD Reset Checklist

For when everything feels like too much and you don't know where to start. You don't have to do all of it — work top to bottom and stop whenever you feel steadier.

- ☐ Drink a full glass of water.
Dehydration mimics brain fog. Start here.
- ☐ Splash your face or step outside for 60 seconds.
A quick reset for your nervous system.
- ☐ Brain-dump everything swirling onto paper.
You can't sort it while it's still in your head.
- ☐ Pick **one** tiny thing. Set a 5-minute timer.
Not the whole task. Just five minutes.
- ☐ Do the 2-minute version of the scary thing.
“Open the doc” counts. Starting is the hard part.
- ☐ Move your body for one song.
Shake it out. Motion changes your state.
- ☐ Open one window or turn on one light.
Small shifts in your space shift your head.
- ☐ Cross off a single thing.
One is a win. You don't have to earn rest.

Permission slip: one checked box is enough. This is a reset, not a to-do list to fail at.