When Everything Feels Too Much

Sometimes there is so much going on that it is difficult to know where to start. This page is about getting some of it out of your head and working out what actually needs your attention.

What is going on for me right now?

[ ] I have too much to do

[ ] I am worried I will forget something

[ ] I feel under pressure

[ ] I am feeling emotional

[ ] Everything feels important

[ ] I keep jumping from one thing to another

[ ] I am tired or running low

[ ] I just do not know where to start

Get it out of your head

Write down whatever is taking up space in your head. Do not worry about putting it in order yet.

What actually needs my attention?

I NEED TO DEAL WITH THIS today / soon	THIS CAN WAIT I can come back to it	I CAN LET THIS GO not needed / not mine

What would make this easier?

The one thing I am going to focus on first is:

The smallest thing I can do to get moving is:

[ ] Put my phone away

[ ] Ask someone to help

[ ] Give myself a short amount of time

[ ] Accept 'good enough'

[ ] Get what I need ready

[ ] Sit with someone while I do it

[ ] Make the task smaller

[ ] Take a short break and come back

For now, this is enough:

This resource is for coaching, reflection and educational purposes. It is not an ADHD assessment and is not designed to diagnose or treat a medical condition.

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