

Executive Dysfunction Survival Toolkit

5 strategies for when your brain won't cooperate. \$0 budget.

1. The 3-Minute Reset

- Not a full routine. Three minutes. Drink water. Breathe. Name one good thing. The bar is on the floor on purpose.

2. Body Doubling Without a Person

- Put on a YouTube video of someone working. Your brain doesn't fully distinguish between a real person and a video.

3. Permission to Half-Ass It

- Top post on r/adhdwomen: It's okay to run the dishwasher with less stuff in it. (4,684 upvotes)
- Do the smallest possible version. Wipe one counter. Answer one email. Eat toast. Toast counts.

4. Visual Anchors Over Willpower

- Willpower is finite for ND brains. Visual cues (sticky notes, phone reminders, cards) bypass the decision part.

5. Sensory Regulation First

- If overstimulated, nothing works until you regulate. Headphones, dim lights, cold drink. Then try.

BOTTOM LINE

- The smallest action beats the perfect routine you'll never start.
- Can't shower? Washcloth. Can't cook? Granola bar. Can't work? One sentence.
- Can't do any of it? Drink water. You're enough.

