

# Self-Care for People with ADHD

by Sasha Hamdani

A printable to-do list of the most effective habits from this book. Check one off each day you do it.

MON TUE WED THU FRI SAT SUN

<sup>01</sup> **Design a 5-Minute Reset Ritual**

Identify one sensory or physical reset you can complete in under 5 minutes when dysregulated: a cold water face rinse, 10 jumping jacks, 3 deep breaths with extended exhale, or stepping outside. Keep it pre-decided so the depleted brain doesn't have to choose in the moment.

MON TUE WED THU FRI SAT SUN

<sup>02</sup> **Build a Sensory Toolkit**

Survey your top sensory stressors (noise, lighting, texture, temperature) and prepare one low-effort countermeasure for each. Noise-canceling headphones. Warm lighting bulb. A soft layer at your desk. The goal is zero decisions required when overwhelm arrives.

MON TUE WED THU FRI SAT SUN

<sup>03</sup> **Apply the 'Good Enough' Rule to Self-Care**

Explicitly give yourself permission to do 20% of a self-care practice instead of skipping it entirely. A 5-minute walk is better than a skipped workout. 4 hours of sleep prep is better than none. Abandon the all-or-nothing threshold - ADHD brains need exits that aren't failure.

MON TUE WED THU FRI SAT SUN

<sup>04</sup> **Schedule Body Doubling for Hard Tasks**

Identify one recurring task you consistently avoid and book one 30-minute body-doubling session this week - with a friend, a co-working app, or a video call. Hamdani notes that the presence of another person regulates the ADHD nervous system in ways no personal commitment reliably does.

MON TUE WED THU FRI SAT SUN

<sup>05</sup> **Create an Emotional First Aid Box**

Write a short list (keep it under 6 items) of specific activities that help you process or discharge strong emotions - not just feel-good activities, but ones that reliably reduce intensity. Reference it when dysregulated instead of improvising. The box is a pre-thought-out protocol for the moments when thinking