

The 5-Minute ADHD Reset

A Gentle Tool for Scattered, Overwhelmed Minds

SERA MIND LAB

at Sera Life Lab

SeraLifeLab.com

When your brain feels loud, frozen, scattered, or overloaded - you do not need to fix your whole life at once.

You only need one small doorway back.

Use this when you feel stuck, avoidant, ashamed, distracted, emotionally overwhelmed, or unsure where to begin.

1 What am I feeling right now?

Circle or underline anything that fits:

Overwhelmed Frozen Anxious Ashamed Tired Irritated Sad

Restless Distracted Avoidant Confused Pressured Numb

Other: _____

One sentence about what is happening inside me:

2 What am I avoiding?

Write it simply. No need to tell the whole story.

The thing I am avoiding is:

3 What makes this feel hard?

Check any that apply:

- ☐ It feels too big.
- ☐ I do not know where to start.
- ☐ I am afraid I will do it wrong.
- ☐ I am embarrassed I waited this long.
- ☐ There are too many steps.
- ☐ I am tired or emotionally drained.
- ☐ I keep getting distracted.
- ☐ I am waiting for the 'right mood.'
- ☐ I do not have enough time.
- ☐ I feel shame when I think about it.
- ☐ Other: _____

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What is the smallest possible next step?

Make it so small that it almost feels too easy.

Examples: Open the document. Find the email. Put the paper on the desk. Write one sentence. Set a 5-minute timer. Throw away one piece of trash. Text one person. Fill in one line. Read the first paragraph. Stand up.

My smallest next step is:

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What support would help?

Check one or two:

- | | |
|--|---|
| ☐ A timer | ☐ A short walk first |
| ☐ Music | ☐ Phone face down |
| ☐ A body double | ☐ Asking for help |
| ☐ A quiet room | ☐ Doing only 5 min |
| ☐ A written checklist | ☐ Lowering the bar |
| ☐ A snack or water | ☐ Other: _____ |

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My 5-Minute Reset Plan

For the next 5 minutes, I will:

I will stop after 5 min if I need to. I only have to begin.

Start time: _____

End time: _____

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After the Reset

What did I do?

What is one kind sentence I can say to myself?

What feels even 1% lighter?

✦ Gentle Reminder ✦

*You are not lazy because starting is hard.
You are not broken because your brain needs structure.
You are allowed to begin small.
You are allowed to reset again.*

*There is no perfect time to start.
Small steps count as real progress.
Being gentle with yourself is not giving up.
Your brain is doing its best.*

This worksheet is a free resource for personal use only. It is not a clinical assessment or a substitute for professional mental health care. If you are experiencing significant distress, please reach out to a licensed mental health professional.