

# THE ADHD HOME RESCUE KIT



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## The Micro Reset Mindset — How to Break Free from Overwhelm in Seconds

If you live with ADHD, you know this feeling:  
You walk into a messy room, see piles of laundry, dishes, cluttered counters, and... your brain shuts down.  
Instead of starting, you freeze. It feels impossible.  
That's not laziness. It's overwhelm. And it's normal.

But here's the truth most people never tell you:  
**You don't have to fix everything to make a difference.**  
In fact, trying to tackle everything at once is often what keeps you stuck.

The Micro Reset Mindset flips that script.  
It's a mental habit that says:

👉 *"What's one thing I can do right now?"*

Not five things.  
Not the whole room.  
Just one thing.

Because when you do one thing — even if it's tossing a wrapper in the trash or clearing a corner of a table — you're proving to your brain that you're moving.  
And momentum is everything.

### **Here's how to use the Micro Reset Mindset in real life:**

- Walk into a messy room.
- Pick ONE item — a cup, a sock, a piece of paper.
- Deal with it: throw it away, put it in a bin, move it somewhere closer to where it belongs.

- Say out loud (or in your head): “*One thing is a win.*”

That’s it.

No guilt. No pressure to keep going.

If you stop after that? You’ve still succeeded.

But here’s the magic:

Most of the time, doing one thing leads to doing two... or three... or a five-minute tidy.

And even if it doesn’t?

**One is better than none. Always.**

This mindset is your escape hatch from overwhelm — a permission slip to stop expecting perfection and start building confidence, one micro reset at a time.

Write it down. Stick it on your fridge.

Let it be your mental rescue rope when everything feels too big.

**One thing is a win. One thing is enough. One thing resets everything.**

# Your ADHD Rescue Supply Stash — How to Set Yourself Up for Success Before You Need It

Let's be honest — ADHD doesn't wait for the “perfect moment” to strike.

Overwhelm sneaks in when you're least prepared. You're out of energy, your brain feels foggy, and suddenly you need to clean, sort, or reset... but you can't even find a trash bag or a pen.

That's why every ADHD household needs a **Rescue Supply Stash** — a small, ready-to-go collection of tools that help you take action the moment you're ready.

Think of it like your ADHD “first aid kit” for life's messy moments.

## Here's why it matters:

- ✓ You don't waste mental energy searching for tools.
- ✓ You make starting easier because everything is in one spot.
- ✓ You give yourself one less excuse to delay action.

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## What to Put in Your Rescue Supply Stash:

- **Sticky Notes** — For reminders, quick lists, or labeling stuff on the fly.
- **A Small Timer (or your phone with a timer app)** — To break overwhelm with a simple countdown.

- **Trash Bags (or grocery bags)** — Always have a few for quick clutter sweeps.
- **A Donation Box or Tote** — A ready place to toss items you no longer want — no thinking required.
- **A Marker or Pen** — To label bins, boxes, or notes.
- **Disinfecting Wipes or Cleaning Cloth** — For those quick wins like wiping a surface after you clear it.
- **Your Printed Cheat Sheets** — Like your “Micro Reset” or “Emergency Reset” printable, right in your stash.

### **Where to Keep It:**

- A basket on a shelf.
  - A tote by the door.
  - A drawer labeled “Rescue Stash.”
  - Or even a portable caddy you can carry from room to room.
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### **Pro Tip:**

👉 If you have kids or a partner, make a family version, so everyone knows where the “Rescue Tools” are when the house feels chaotic.

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### **Bottom Line:**

When life feels overwhelming, having your Rescue Stash ready is like handing your future self a life jacket.

It’s a small setup that makes a big difference.

Because in an ADHD home, the easier it is to start... the more likely you are to succeed.

## Your Overwhelm Reset Phrase — A Simple Sentence That Stops the Spiral

When ADHD overwhelm strikes, it doesn't just affect your to-do list — it hijacks your thoughts.

Suddenly, your brain is shouting things like:

- “I’ll never get this done.”
- “It’s too much.”
- “Why bother trying?”

Sound familiar?

This is why you need a **Reset Phrase** — a simple, calming sentence you choose ahead of time that snaps you out of panic and helps you reset your mindset before your tasks.

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### What Is a Reset Phrase?

It’s a short, powerful sentence that grounds you when overwhelm kicks in.

It reminds you:

- ✓ You don’t have to do it all.
  - ✓ You’re not behind.
  - ✓ You have permission to take one small step.
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### Why It Works:

- It interrupts negative self-talk before it snowballs.

- It gives your brain a clear, focused message to repeat.
  - It shifts your attention from panic to progress.
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### **Examples of Reset Phrases You Can Use:**

- “One thing is better than nothing.”
  - “Progress, not perfection.”
  - “This is hard, but I can do hard things.”
  - “I’m allowed to start small.”
  - “Five minutes counts.”
  - “I don’t have to do it all right now.”
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### **How to Make Your Own:**

- 1** Think of a phrase you wish someone would say to you on hard days.
  - 2** Keep it short — seven words or less is ideal.
  - 3** Make it positive or empowering (not sarcastic or harsh).
  - 4** Write it down somewhere you’ll see it often — fridge, mirror, planner, phone.
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### **Pro Tip:**

Say your Reset Phrase out loud when you feel stuck.

It feels silly at first... but it helps your brain shift gears faster.

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**Bottom Line:**

An Overwhelm Reset Phrase is like having a kind, steady friend in your head when your brain tries to spiral.

It doesn't fix everything — but it gives you the courage to take the next small step.

And sometimes, that's all you need to break free from the overwhelm trap.

# Three ADHD-Friendly Reset Rituals — Simple Ways to Get Moving When You Feel Stuck

When life feels overwhelming, even the idea of starting can feel impossible.

That's because ADHD brains often freeze at the thought of doing something big, important, or perfect.

The secret?

Have a few “go-to” Reset Rituals that are so small, simple, and doable... your brain won't fight you on them.

These aren't chores. They're brain hacks — designed to get you moving before your inner critic talks you out of it.

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## What's a Reset Ritual?

A Reset Ritual is a tiny, low-pressure action you can do anytime you feel stuck, overwhelmed, or paralyzed by clutter.

They help you...

- ✓ Break through task paralysis.
  - ✓ Build quick momentum.
  - ✓ Feel a sense of control (without pressure).
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## Here Are Three ADHD-Friendly Reset Rituals You Can Use Anytime:

### **1** Reset with Music

- Pick one upbeat song (about 3–4 minutes).

- While it plays, do one small tidy-up task: clear a counter, pick up five items, or wipe a surface.
- When the song ends — you're done. (Unless you feel like doing more!)

*Why it works:* Music gives your brain a clear time frame and turns “cleaning” into a playful challenge instead of a chore.

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## **2** Reset with a Buddy

- Call or text a friend and say, “Hey, want to do a 5-minute tidy-up together on the phone?”
- Or use a voice message — check in after each short task.
- Bonus: Join an online body-doubling group or accountability buddy if you prefer virtual support.

*Why it works:* ADHD brains thrive on connection. Having a buddy turns a lonely task into something social and supportive.

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## **3** Reset with a Timer

- Set a timer for just **3–5 minutes** — no more.
- Pick one super easy task: toss trash, load a dish, sort five things.
- When the timer goes off, you can stop guilt-free.

*Why it works:* Timers help ADHD brains see time limits clearly — turning “forever” into “just a few minutes.”

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**Pro Tip:**

Keep these rituals in your Rescue Kit or write them on a sticky note where you’ll see them.

You don’t need to feel motivated — you just need one small action to break the freeze.

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**Bottom Line:**

Reset Rituals aren’t about cleaning the whole house or being perfect.

They’re about proving to yourself that you can start... even on hard days.

And once you start, everything gets easier.

# The Reset Bag — Your Portable Rescue Tool for Overwhelming Moments

Imagine this: You're ready to tackle a clutter hotspot or a messy room...

But you waste the first 10 minutes hunting for a trash bag, wipes, a pen, or even your timer.

By the time you gather your stuff, your motivation is gone.

Sound familiar?

That's why every ADHD home needs a **Reset Bag** — a simple, portable tote stocked with your most-used tools for cleaning, decluttering, or resetting your space on the fly.

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## What Is a Reset Bag?

It's your ADHD-friendly “grab-and-go” kit.

Instead of running from room to room looking for supplies, your Reset Bag keeps everything in one place — ready when you are.

- ✓ Cuts down on decision-making.
  - ✓ Saves time (and energy).
  - ✓ Helps you start before overwhelm talks you out of it.
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## What Should Go in Your Reset Bag?

- Small Trash Bags or Grocery Bags — for clutter sweeps.
- Sticky Notes and a Marker — for labeling, quick reminders, or lists.

- A Timer — phone, kitchen timer, or stopwatch.
  - Disinfecting Wipes or a Cleaning Cloth — for quick wipe-downs.
  - A Donation Bag or Box — to toss items you want to give away right away.
  - Your Printed ADHD Rescue Cheat Sheets — like your Micro Reset Phrase or Emergency Reset Plan.
  - A Small Notebook — to jot down things you notice (instead of letting them distract you).
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## Where Should You Keep Your Reset Bag?

- By the front door.
  - In a closet near your main living area.
  - In your car for on-the-go resets (like clearing car clutter).
  - On a hook where you'll see it daily.
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### **Pro Tip:**

Use a lightweight tote, small backpack, or handled basket — something easy to carry from room to room.

And if you have kids or family helping?

Make a “Family Reset Bag” with extra supplies so everyone can pitch in.

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### **Why This Works for ADHD:**

- ✓ It removes the barrier of *“I can't start because I'm not ready.”*
  - ✓ It turns resetting into a grab-and-go habit.
  - ✓ It sets you up for success before you need it.
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### **Bottom Line:**

Your Reset Bag is more than a collection of tools — it's a way of giving your future self a head start.

Because when overwhelm strikes, the easier it is to begin... the more likely you are to win.



# The 3-Item Rule — Your Go-To Strategy When Everything Feels Like Too Much

We've all been there.

You Walk into a room and...

Clutter on the counters.

Piles on the floor.

Dishes in the sink.

Laundry overflowing.

Your brain goes into full shutdown.

You don't even know where to start.

So... you don't.

That's where the **3-Item Rule** comes in.

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## What Is the 3-Item Rule?

It's a simple ADHD-friendly strategy that helps you start when everything feels like a disaster.

Here's how it works:

- 👉 Pick **any three items** in front of you.
  - 👉 Take action on them — toss, put away, wipe, relocate.
  - 👉 When you're done with three, you're done.  
(Or... you can choose another three if you feel like it.)
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## Why the 3-Item Rule Works:

- ✓ It lowers the mental wall of "I have to do it all."
- ✓ It gives your brain a tiny, clear goal that feels possible.

✓ It builds instant momentum — even if you stop after three, you've still made progress.

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### **How to Use the 3-Item Rule in Real Life:**

- **In the Kitchen:**
    - Toss one piece of trash.
    - Load one dish.
    - Wipe one counter spot.
  - **In the Living Room:**
    - Pick up one toy.
    - Fold one blanket.
    - Move one random item to where it belongs.
  - **In the Bedroom:**
    - Toss one dirty item in the hamper.
    - Clear one item off your nightstand.
    - Make one adjustment to your bed (fluff pillow, straighten blanket).
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### **Pro Tip:**

If even three feels like too much? Start with **one**.  
Because **one thing is still better than none**.

You can always do another round later — or not. Either way, you've already won.

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**The Bottom Line:**

The 3-Item Rule helps you take action before your inner critic talks you out of it.

It's not about cleaning the whole house — it's about breaking free from feeling frozen.

One thing...

Then two...

Then three...

And that's enough.

Because even tiny actions count when you're resetting your space and your mindset.

# The Overwhelm Emergency Card — Your Personal Cheat Sheet for Stuck Moments

When ADHD overwhelm strikes, your brain can feel like it shuts down completely.

You know you need to start somewhere... but you can't even think straight.

That's why you need an **Overwhelm Emergency Card** — a small, written list of YOUR top five quick rescue tasks that you can fall back on whenever you feel frozen.

It's not a to-do list.

It's a *rescue tool* — a calming prompt for your brain when everything feels too big.

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## What Is an Overwhelm Emergency Card?

It's a small card, sticky note, or even a phone note where you write down **five tiny tasks** that feel doable — things that help you break through paralysis and start moving.

When your brain goes blank, you pull it out and pick one. That's it.

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## Why It Works:

- ✓ ADHD brains struggle with decision-making in moments of stress.
- ✓ A written list gives you instant, no-pressure options.
- ✓ It reduces overwhelm by narrowing your focus to small, manageable tasks.

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### **How to Make Your Own Emergency Card:**

- 1** Choose five simple tasks that take under five minutes.
  - 2** Make sure they're actions you've done before and feel comfortable doing.
  - 3** Write them on a small card, post-it, or in your phone.
  - 4** Keep it in your Rescue Bag, planner, or on the fridge.
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### **Sample Emergency Card Ideas:**

- Take out the trash.
  - Clear one corner of a table or counter.
  - Toss five things into a bin.
  - Wipe the bathroom sink.
  - Put on music and tidy for one song.
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### **Pro Tip:**

Make a copy for your car, your bag, or your workspace. Because ADHD overwhelm doesn't just happen at home!

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### **The Bottom Line:**

The Overwhelm Emergency Card is like having a reset button in your back pocket.

You don't have to figure it out in the moment — your list is ready for you.

When your brain freezes...

When everything feels impossible...

When you don't know what to do...

**Your Emergency Card has your back.**

Because sometimes, the hardest part is simply knowing where to start — and now, you'll always have the answer.

# The “Done List” Rescue Strategy — How to Build Confidence When You Feel Like You’re Failing

ADHD brains often have a love-hate relationship with lists.

- To-do lists can feel overwhelming.
- Never-ending checklists can feel defeating.
- And when you don’t finish everything, it feels like you’ve failed.

But what if you flipped the script?

That’s where the “**Done List**” **Rescue Strategy** comes in.

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## What Is a “Done List”?

It’s the opposite of a to-do list.

Instead of tracking everything you *should* do...

You write down everything you *already did*.

Every tiny task.

Every little action.

Every step forward — no matter how small.

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## Why the Done List Works for ADHD:

- ✓ It rewires your brain to notice progress, not failure.
- ✓ It gives you a visible reminder that you’re moving forward.
- ✓ It boosts dopamine — the “feel-good” brain chemical

ADHD brains need for motivation.

✓ It helps you break free from all-or-nothing thinking.

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### **How to Use the Done List in Real Life:**

- 1** Grab a notebook, sticky note, or open a phone app.
  - 2** Write down anything you complete — even if it feels “too small” to count.
  - 3** Keep adding throughout the day.
  - 4** At the end of the day, look back and celebrate what you DID, not what you didn't.
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## What Counts as a “Done” Item?

- Put away one dish.
- Tossed a piece of trash.
- Sent an email.
- Made your bed.
- Took a five-minute walk.
- Wrote your Overwhelm Reset Phrase.

*If you did it... it counts.*

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### **Pro Tip:**

Pair your Done List with a sticker, star, or simple checkmark — a visual reward makes it even more powerful.

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### **The Bottom Line:**

The Done List is a powerful mindset shift.

It reminds you that **you are making progress — even on hard days.**

It's not about how much you did...

It's about giving yourself credit for showing up.

Because when you focus on what you've done instead of what you haven't, you build confidence, momentum, and motivation — one small win at a time.

# The Energy Check Rescue Guide — How to Know When to Pause (Before You Burn Out)

One of the hardest things about living with ADHD isn't just starting tasks...

It's knowing when to stop.

Many ADHD brains run in two modes:

⚡ All-in, doing too much at once...

😓 ...or crashing and feeling like a failure.

The Energy Check Rescue Guide helps you avoid both by teaching you how to pause, check in with yourself, and protect your energy before overwhelm turns into burnout.

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## What Is an Energy Check?

It's a quick, intentional pause where you stop and ask yourself:

- How much energy do I have right now — physically and mentally?
- What do I actually need at this moment?
- Am I pushing through... or pacing myself?

It's not about giving up.

It's about giving yourself permission to pause, reset, or switch gears — before you hit the wall.

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### **Why This Works for ADHD:**

- ✓ ADHD brains often miss early warning signs of fatigue or burnout.
  - ✓ Pausing for an Energy Check helps prevent the all-or-nothing spiral.
  - ✓ It teaches you to listen to your body and brain instead of pushing past your limits.
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### **How to Do an Energy Check:**

- 1** Stop for 30 seconds — wherever you are.
  - 2** Take a breath and ask:
    - Am I tired, hungry, overstimulated, or overwhelmed?
    - Do I need a break, a snack, water, or help?
    - Is this a good time to keep going... or should I pause?
  - 3** Choose your next step based on what you need — not what you *think* you should do.
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### **Helpful Energy Boosters (If You Need Them):**

- Get a drink of water.
  - Have a snack.
  - Step outside for fresh air.
  - Stretch or move your body.
  - Text a friend or ask for help.
  - Take a guilt-free break.
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**Pro Tip:**

Write down your favorite quick resets — like a personal energy toolkit — and post it somewhere visible.

Example:

“My Energy Check List: Drink water • Take a breath • Move for 2 mins • Ask for help • Rest if I need to.”

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**The Bottom Line:**

You don't have to earn your rest.

You don't have to push through every single time.

The Energy Check helps you work with your brain, not against it.

Because when you take care of your energy, you protect your progress — and your peace.

## **Your Personal Reset Promise — A Commitment to Grace, Not Guilt**

When you live with ADHD, every day can feel like a battle against clutter, forgetfulness, or overwhelm. And when you fall behind — because life happens — it's easy to slip into guilt, shame, or self-blame.

But here's the truth:

**You don't need another rule to follow. You need a promise to yourself.**

A promise that says...

- ✓ You'll give yourself grace on hard days.
- ✓ You'll celebrate every small step.
- ✓ You'll reset — without guilt — as many times as you need.

That's your **Personal Reset Promise**.

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### **What Is a Reset Promise?**

It's a short, powerful commitment you make to yourself. It reminds you that this journey isn't about perfection... It's about allowing yourself to start over whenever you need — with compassion, not criticism.

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### **Why It Matters for ADHD:**

- ✓ ADHD brains thrive on encouragement, not pressure.
- ✓ A Reset Promise rewrites the old story of "I failed again"

into “I’m learning, growing, and trying.”

✓ It helps you build resilience instead of giving up.

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### **How to Write Your Personal Reset Promise:**

- 1 Start with a phrase that feels true for you.
  - 2 Keep it short — one or two sentences.
  - 3 Make it encouraging, not demanding.
  - 4 Write it down and place it where you’ll see it often.
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### **Examples of Reset Promises You Can Use:**

- “I promise to give myself permission to reset — as many times as I need.”
  - “I will celebrate progress, not punish myself for imperfection.”
  - “I am allowed to start small. I am allowed to start over.”
  - “I don’t have to be perfect to be proud of myself.”
  - “Today is a new chance — and that’s enough.”
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### **Pro Tip:**

Say your Reset Promise out loud when you’re feeling stuck or discouraged.

Hearing your own words helps shift your mindset faster than you think.


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### **The Bottom Line:**

The Reset Promise isn't a rule or a checklist.  
It's a kindness you offer yourself.

Because in an ADHD life, you'll have messy days, missed steps, and moments you want to give up.

Your Reset Promise reminds you...

 *"I'm allowed to pause. I'm allowed to reset. And I'm doing enough — exactly as I am."*

And sometimes, that's exactly what your heart needs to hear.