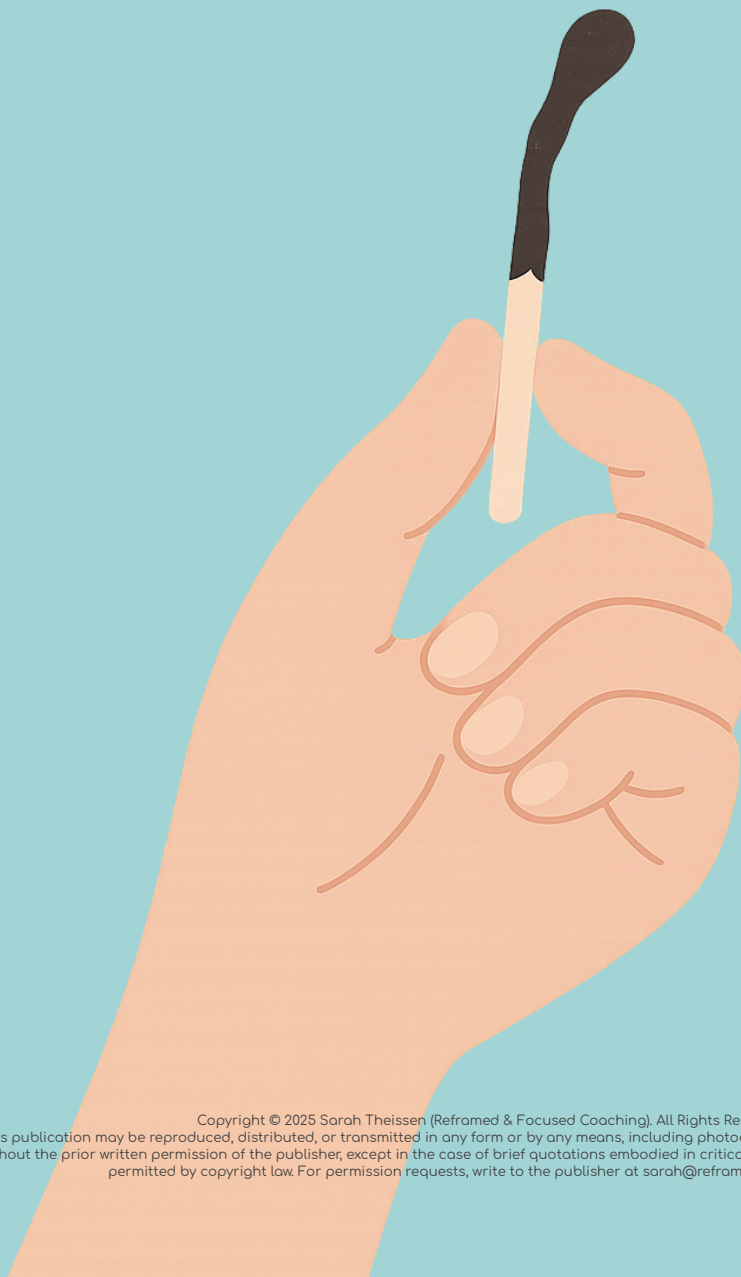




Reframed
& Focused
COACHING

ADHD BURNOUT CHECKLIST

SPOT THE SIGNS. STOP THE CYCLE.



CONGRATULATIONS!

By downloading this checklist, you've taken the first step on your way out of ADHD burnout. This checklist will also help you to spot the signs early so you can avoid getting to that point going forward.

Before you get started, I wanted to take the opportunity to introduce myself:

Hi, my name is Sarah,

THE CHECKLIST

Tick everything that feels true for you!

PHYSICAL SIGNS

- ☐ Deep exhaustion that sleep doesn't fix
- ☐ Frequent headaches or tension
- ☐ Heavy body, hard to move/get started
- ☐ Sensory overwhelm (noise, lights, touch)
- ☐ Restlessness + fatigue at the same time
- ☐ Feeling "wired and tired"

EMOTIONAL SIGNS

- ☐ Irritability over small things
- ☐ Feeling emotionally drained
- ☐ Mood swings or crying easily
- ☐ RSD (Rejection Sensitivity) spikes
- ☐ Feeling numb, detached or checked out
- ☐ Feeling bad for not "keeping it together"

COGNITIVE SIGNS

- ☐ Can't focus, even things you care about
- ☐ Forgetting basic tasks
- ☐ Decision paralysis
- ☐ Brain fog
- ☐ Easily overwhelmed by small things
- ☐ Struggling to start anything

BEHAVIOURAL SIGNS

- ☐ Avoiding tasks until panic hits
- ☐ Withdrawing from others
- ☐ Hyperfixation followed by a crash
- ☐ Overcommitting then shutting down
- ☐ Using scrolling/TV/food to escape
- ☐ Snapping at people you love

MASKING SIGNS

- ☐ Pretending you're fine when you're not
- ☐ Feeling like you have to "perform"
- ☐ Overexplaining & overapologising
- ☐ Being the responsible one even when you're struggling
- ☐ Downplaying your needs
- ☐ Feeling like you "should" be able to handle more

COUNT YOUR CHECKMARKS

0-10 → Mild ADHD burnout

You're running low on mental + emotional energy, but you caught it early.

11-20 → Moderate ADHD burnout

Your nervous system is overwhelmed; recovery needs to become a priority.

21-30 → High ADHD burnout

You're in the burnout cycle and need active support, rest, and regulation.

31+ → Severe ADHD burnout

You've been carrying too much, for too long — it's time for structured recovery.

NOTE: THIS IS NOT A DIAGNOSIS BUT RATHER FOR AWARENESS. PLEASE SPEAK TO YOUR DOCTOR IF YOU ARE WORRIED ABOUT YOUR PHYSICAL OR MENTAL HEALTH.

WHAT ADHD BURNOUT REALLY IS

ADHD burnout is a unique combination of:

- chronic masking
- emotional overload
- sensory overwhelm
- hyperfocus → crash cycles
- people-pleasing
- unrealistic expectations
- years of compensating

THIS IS NOT A CHARACTER FLAW. IT'S A STATE OF PHYSICAL, MENTAL AND EMOTIONAL EXHAUSTION — AND THE GOOD NEWS IS THAT YOU CAN LEARN TO SPOT AND AVOID IT