

FREE MINI WORKBOOK



# Mindfulness & Wellness

SIMPLE SUPPORT FOR NEURODIVERGENT MINDS,  
BODIES, AND DAILY LIFE

[ORGANIZEDHOMEANDLIVING.COM](https://www.organizedhomeandliving.com)

**AE**

AMY EMERICK  
PROFESSIONAL ORGANIZER



# WELCOME

WELCOME TO THIS MINI WORKBOOK.  
THIS SPACE WAS CREATED TO OFFER GENTLE SUPPORT FOR NEURODIVERGENT INDIVIDUALS WHO WANT MORE CALM, CLARITY, AND SELF-UNDERSTANDING IN DAILY LIFE.

MINDFULNESS AND WELLNESS DO NOT HAVE TO LOOK PERFECT. THEY DO NOT HAVE TO BE RIGID, QUIET, OR COMPLICATED. THEY CAN BE FLEXIBLE, PERSONAL, SENSORY-FRIENDLY, AND SUPPORTIVE OF YOUR REAL NEEDS.

YOU ARE INVITED TO MOVE THROUGH THIS WORKBOOK IN A WAY THAT FEELS GOOD TO YOU. TAKE WHAT HELPS. SKIP WHAT DOES NOT. COME BACK TO IT WHENEVER YOU NEED.

SMALL STEPS COUNT, AND SUPPORT CAN BE SIMPLE.

## HOW TO USE THIS WORKBOOK

THERE IS NO RIGHT WAY TO USE THIS WORKBOOK.  
YOU CAN:

- COMPLETE ONE PAGE AT A TIME
- SKIP PAGES THAT DO NOT FEEL HELPFUL
- WRITE A LITTLE OR A LOT
- RETURN TO YOUR FAVORITE PAGES AGAIN AND AGAIN
- USE THESE EXERCISES IN YOUR OWN WAY
- THIS WORKBOOK IS MEANT TO SUPPORT YOU, NOT PRESSURE YOU.

YOU DO NOT NEED TO DO MINDFULNESS PERFECTLY TO BENEFIT  
FROM IT.

# WHAT MINDFULNESS CAN LOOK LIKE FOR NEURODIVERGENT INDIVIDUALS

MINDFULNESS IS OFTEN DESCRIBED AS BEING CALM, STILL, AND FOCUSED. BUT FOR MANY NEURODIVERGENT INDIVIDUALS, MINDFULNESS MAY LOOK DIFFERENT.

## MINDFULNESS CAN BE:

- NOTICING WHAT YOUR BODY NEEDS
- PAYING ATTENTION TO YOUR SENSES
- TAKING A DEEP BREATH
- MOVING YOUR BODY
- LISTENING TO A COMFORTING SOUND
- HOLDING A SOFT OBJECT
- RECOGNIZING WHEN YOU ARE OVERWHELMED
- GIVING YOURSELF PERMISSION TO PAUSE
- MINDFULNESS IS NOT ABOUT FORCING YOURSELF TO BE STILL. IT IS ABOUT NOTICING WHAT IS HAPPENING WITH KINDNESS AND CARE.

**YOUR VERSION OF MINDFULNESS IS VALID.**

# HOW AM I FEELING RIGHT NOW?

MY MIND FEELS:

---

---

---

MY BODY FEELS:

---

---

---

MY ENERGY LEVEL FEELS:

- VERY LOW
- LOW
- MIXED
- HIGH
- VERY HIGH

MY NERVOUS SYSTEM FEELS:

- CALM
- UNEASY
- OVERLOADED
- SHUT DOWN
- UNSURE

RIGHT NOW I NEED:

WHAT WOULD FEEL MOST SUPPORTIVE IN THIS MOMENT?

---

---

---

---

## MY SIGNS OF STRESS OR OVERLOAD

SOMETIMES STRESS BUILDS SLOWLY. SOMETIMES OVERLOAD HAPPENS FAST. RECOGNIZING YOUR PERSONAL SIGNS CAN HELP YOU RESPOND WITH MORE CARE AND SUPPORT.

- MY BODY FEELS TENSE, BUZZY, RESTLESS, HEAVY OR UNCOMFORTABLE.
- SOUNDS, LIGHTS, TEXTURES, INTERRUPTIONS, OR PEOPLE FEEL LIKE TOO MUCH.
- MY THOUGHTS ARE RACING, LOOPING, SCATTERED, OR HARD TO RECOGNIZE.
- I WANT TO HIDE, AVOID, SCROLL, FREEZE, OR STOP RESPONDING.
- I FEEL UNUSUALLY IRRITABLE, FOGGY, FLAT, DRAINED, OR EMOTIONALLY TENDER.

ONE EARLY SIGN I WANT TO PAY MORE ATTENTION TO IS:

---

---

---

## A Simple Grounding Exercise

Grounding can help bring your attention back to the present moment. You do not need to do this perfectly. Just notice what you can.

Exercise:

- 5 things I can see

---

---

---

- 4 things I can feel

---

---

---

- 3 things I can hear

---

---

---

- 2 things I can smell

---

---

---

- 1 thing I can taste

---

---

---

Use only the parts that feel helpful.

# A Gentle Breathing Practice

Breathing exercises can feel calming for some people, but not for everyone. If this does not feel helpful, you can skip it or adjust it.

Try this gentle pattern:

- Breathe in slowly
- Pause if comfortable
- Breathe out a little longer

You might try:

- inhale for 4
- exhale for 6

Or simply:

- in
- out
- slow and soft

How did this feel in my body?

---

---

Would I use this again?

---

---

It is okay if breathing exercises are not your favorite tool.

# My Sensory Support Needs

Sensory support is an important part of wellness. The more you understand what helps and what overwhelms you, the easier it becomes to care for yourself.

- Sounds that help me feel calm:

---

---

- Textures or items that comfort me:

---

---

- Movements that help me reset:

---

---

- Sensory experiences that feel too intense:

---

---

- Helpful tools I can use:

---

---

# My Calm List

This page is your personal comfort menu. These are the small things that can help you feel safer, calmer, or more regulated.

- Quick things that help in 5 minutes:

---

---

- Things that help when I feel overstimulated:

---

---

- Things that help when I feel understimulated:

---

---

- Comfort items, routines, or activities I love:

---

---

## Gentle Movement and Wellness That Works for Me

Wellness does not need to be strict or intense. Sometimes the most supportive practices are the ones that feel realistic, simple, and safe.

- Movement that helps me feel more regulated:

---

---

- Rest that feels good to me looks like:

---

---

- Simple wellness practices that actually help me:

---

---

- Things I want to stop forcing myself to do:

---

---

Support works best when it fits your real life.

# My Gentle Reset Plan

When things feel heavy, overwhelming, or off track, I can come back to this page.

When I notice stress or overload, I can:

---

---

---

---

My go-to calming tools are:

- People I can reach out to for support:

---

---

---

- Comfort reminders I want to remember:

---

---

---

- One small step I can take today is:

---

---

---

## Reflection

- What helped me most in this workbook?

---

---

- What surprised me about my needs or support tools?

---

---

- What do I want to be more gentle with myself about?

---

---

- What is one thing I want to remember this week?

---

---

## A Gentle Reminder

You do not need to do wellness perfectly.

You do not need to look calm all the time to deserve support.

Your needs matter. Your comfort matters. Your regulation matters. The way you care for yourself can be personal, flexible, and deeply valid.

Come back to these pages whenever you need a softer place to land.

You deserve support that works for you.

Created by Amy

Professional Organizer / Supportive systems for real life

This workbook is designed to be a gentle resource, not a medical or mental health treatment. Please seek professional support if you need care beyond what a reflection tool can offer.