

ADHD Emergency 2 - Hour Reset Guide



A Simple Rescue Plan for Overwhelmed Days

When your brain feels overloaded, your space feels chaotic, and you do not know where to start, this guide will help you reset one small step at a time.

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Welcome

This guide is for the moments when everything feels like too much.

Maybe your house feels out of control.

Maybe your to-do list is impossible.

Maybe you are frozen, exhausted, distracted, or ashamed.
Maybe you just need a rescue plan.

This is not about perfection.

This is not about catching up on everything.

This is about creating relief.

In the next 2 hours, you are going to:

- calm your nervous system
- reduce visual chaos
- make your space feel more manageable
- complete a few high-impact reset tasks
- create enough order to breathe again

How to Use This Guide

Before you begin:

Grab these if you can:

- trash bag
- laundry basket
- timer
- water
- wipes or cleaning spray
- notebook or paper
- upbeat music, podcast, or silence

Important reminder:

You do not have to do this perfectly.
Done is the goal. Relief is the goal. Better is the goal.

If 2 hours feels like too much, do one section only.

The ADHD Emergency Reset Rules

Follow these 5 rules:

- Do not overthink.
- Do not organize deeply.
- Do not start side quests.
- Do not try to finish everything.
- Keep moving.

Your only job:

Make the space feel lighter, clearer, and more functional.

Part 1: Minute 0–15

Calm Your Brain First

Before cleaning, resetting, or making decisions, regulate yourself.

- drink water
- open curtains or turn on lights
- take 5 slow breaths
- put on shoes
- put hair up if that helps
- set a 15-minute timer

“I am not fixing everything. I am creating relief.”

Quick Grounding Check

Circle what you need most right now:

- energy
- calm
- focus
- less shame
- less visual clutter
- a restart
- momentum

Tiny win:

Make your bed, clear one chair, or throw away 5 pieces of trash.
That is enough to begin.

Part 2: Minute 15–30

Trash Reset

This is the fastest way to make a space feel better.
Take a trash bag and move quickly through your main space.

Only pick up:

- obvious trash
- empty cups
- food wrappers
- junk mail
- broken items
- anything that belongs in recycling

Do not:

- sort papers
- open drawers
- read things
- get distracted by objects

What can leave this space right now?

Part 3: Minute 30–45

Put Everything in Categories

Now grab a laundry basket or bin.

Walk through the room and sort by broad category only.

Categories:

- laundry
- dishes
- trash
- things that belong in another room
- items with no home
- important papers

Do not create perfect systems right now.

You are making the room functional, not final.

Part 4: Minute 45–60

Reset the Surfaces

Choose the 3 surfaces that affect your stress the most.

Examples:

- kitchen counter
- coffee table
- desk
- bathroom sink
- nightstand
- For each surface:
- remove what does not belong
- wipe it down
- put back only essentials

Ask:

What actually needs to stay here?

What is making this area feel louder than it needs to?

Part 5: Minute 60–75

Do the Highest-Impact Essentials

Now focus on the things that make daily life harder when they are not done.

Choose 2 or 3 only.

Pick from:

- start one load of laundry
- unload or load dishwasher
- wash essential dishes only
- clear the couch or bed
- restock toilet paper
- throw away old food
- reset entryway
- pack bag for tomorrow
- set out medication
- put dirty clothes in one spot
- put clean clothes in one basket
- clear the bathroom sink

What will make the next 24 hours easier?

Part 6: Minute 75–90

Create One Functional Zone

Choose one area to make fully usable.

Examples:

- bed
- couch
- desk
- kitchen table
- bathroom counter
- entryway

Your mission:

Make this zone usable today.

Examples of what that means:

- clear the bed so you can sleep
- clear the couch so you can rest
- clear the desk so you can work
- clear the table so you can eat
- clear the bathroom counter so getting ready feels easier

One functional zone can anchor your whole day.

Part 7: Minute 90–105

Prep for Tomorrow

This step is where the reset starts helping your future self.

Choose a few:

- set out clothes
- pack lunch or snacks
- prep coffee maker
- plug in devices
- write top 3 tasks for tomorrow
- place keys and wallet in one spot
- refill water bottle
- set meds where you will see them
- check calendar
- put shoes by the door

How can I make tomorrow feel 20% easier?

Part 8: Minute 105–120

Close the Reset Gently

You did not need to do everything.

You only needed to interrupt the spiral.

Finish with these 5 steps:

- take out trash
- move laundry or dishes one step forward
- blow out candle or turn off music
- sit down for 2 minutes
- notice what feels better

Journal prompts:

What looks better now?

What feels easier now?

What can wait until later?

“This space does not need to be perfect to support me.”

Emergency Reset Checklist

Brain reset

- drink water
- open blinds/lights
- put on shoes
- set timer
- take 5 breaths
- Fast room reset
- collect trash
- gather dishes
- make laundry pile
- collect items from other rooms
- clear top 3 surfaces
- wipe one area
- do 2 high-impact tasks
- create one functional zone
- prep for tomorrow
- pause and celebrate progress

When You Only Have 30 Minutes

30-Minute Mini Reset

10 minutes

- trash
- dishes
- laundry in one pile

10 minutes

- clear one surface
- wipe it down
- make one zone usable

10 minutes

- prep one thing for tomorrow
- take out trash
- drink water and stop

When You Feel Frozen

The 5-Minute Rescue Start

- throw away 5 things
- put 5 things in a basket
- clear one tiny area
- drink water
- restart the timer

You do not need to feel ready.

You just need to begin badly.

Read This When Shame Shows Up

- Mess is not a moral failure.
- Struggling to start does not mean you do not care.
- You are allowed to need support, structure, and simpler systems.
- Progress counts even when it is small.
- Resetting your space is a form of self-kindness.
- You can start over as many times as you need.

Reset Reflection

What part of the reset helped the most?

What area creates the most stress for me when it gets out of control?

What 3 reset tasks make the biggest difference in my home?

What can I do next time before things feel this overwhelming?

What is one kind thing I can say to myself right now?

You did something powerful today.

- Not because everything is perfect.
- Not because the mess disappeared.
- But because you chose to support yourself instead of giving up.
- That matters.
- A reset is not failure.
- A reset is care.
- A reset is leadership.
- A reset is beginning again.
- You can start over as many times as you need.