

The busy place *reset*

For the grocery store at 5 PM, loud restaurants and crowded rooms. Tick what you'll try. You don't need all of it, one or two make a difference.

BEFORE YOU GO

- ☐ **Go at quiet hours.** Same errand early or late, half the drain
- ☐ **Bring your volume knob.** Earplugs, loop earplugs or headphones in your bag
- ☐ **Shorten the trip.** List in your phone, in aisle order
- ☐ **Set a time limit.** "20 minutes, then I'm out" makes it easier to start

WHILE YOU'RE THERE

- ☐ **Pick your seat.** Back to the wall, away from speakers and the kitchen
- ☐ **One thing at a time.** Finish the list before you browse
- ☐ **Take a 2-minute exit.** Step outside or to the car if it builds

AFTERWARDS

- ☐ **Ten quiet minutes.** Car, bathroom, a dim room: it counts as recovery
- ☐ **Water and a snack** before the next thing
- ☐ **Skip the hard task** right after. Put it later in the day

SIGNS YOU'RE HITTING YOUR LIMIT

- ☐ Snapping at people you like
- ☐ Can't follow the conversation anymore
- ☐ Sudden tiredness or the urge to leave right now

More tools for ADHD brains: planners, cleaning systems and budgets built to work with how your brain works. [Visit Everward Studio on Etsy →](#)