

U N M A S K E D

Emergency Reset Cards

*7 cards for the moments you
cannot think straight.*



KNOWLEDGE | VALIDATION | EMPOWERMENT

BEFORE YOU USE THEM

A short note from someone who gets it

I live with ADHD — alongside the anxiety, the overwhelm, and the mental load that comes with trying to hold everything together. These are the simple things I personally use when my brain feels too loud, my body feels stuck, or everything starts to spiral.

They aren't magic. They won't fix everything. But they can help you steady yourself in the moment — and sometimes that's all you need to get through the next ten minutes.

If even one of these cards helps you breathe easier or feel a little more in control, then it has done its job. You don't need to use all seven. You just need the right one in the right moment.

How to use them: read them all once now so you know what's there. Then save the PDF to your phone, or print the cards out and keep them somewhere visible — on the fridge, in a drawer, in your bag. The point is to have them *before* you need them.

CARD 01 · USE WHEN

Overwhelm Spiral

01

DO THIS

- Touch something cold — a glass of water, a metal surface, the wall.
- Name 5 things you can see in the room.
- Take 3 slow breaths — in for 4, out for 6.

WHY IT WORKS

This pulls your brain out of panic and back into the present moment. It's grounding — your senses interrupt the loop.

You don't have to solve everything right now.

CARD 02 · USE WHEN

Panic or Anxiety Wave

02

DO THIS

- Count backwards from 100 in 7s.
- Keep going even if you mess up.
- Say the numbers out loud if you can.

WHY IT WORKS

This forces your brain to focus on something cognitive, which interrupts the panic response. The mistakes don't matter — the focus does.

Panic peaks and passes. It will not last forever.

CARD 03 · USE WHEN

Shutdown or Can't Move

03

DO THIS

- Stand up slowly.
- Shake your hands for 10 seconds.
- Walk to another room — even just the kitchen.

WHY IT WORKS

Movement tells your brain you are safe. Small physical action is often what restarts a frozen system — much faster than thinking your way out.

Small movement is enough.

CARD 04 · USE WHEN

Too Many Things To Do

04

DO THIS

- Write down everything in your head — no order, no filter.
- Pick just ONE small task from the list.
- Ignore the rest for now.

WHY IT WORKS

Your brain feels overwhelmed by too much input. Focusing on one thing reduces pressure and creates momentum — which is what an ADHD brain needs to start.

You don't need to do everything. Just start somewhere.

CARD 05 · USE WHEN

Sudden Emotional Crash

05

DO THIS

- Press both feet firmly into the floor.
- Feel the weight of your body where it meets the chair, the ground, or the bed.
- One slow breath out — longer than the breath in.

WHY IT WORKS

A crash isn't something you think your way out of. It's something your body steadies through. Feeling your physical weight reminds your nervous system you're here, in this moment — and that the moment will pass.

Steady. Not fixed.

CARD 06 · USE WHEN

Feeling Lost or Stuck

06

DO THIS

- Write down 3 things you CAN change today.
- Choose the easiest one.
- Do only that — nothing else needs to happen.

WHY IT WORKS

Action reduces helplessness and restores a sense of control. The easiest thing isn't a cop-out — it's the one most likely to actually get done, which gives you the momentum to do the next thing.

Small steps still count.

CARD 07 · USE WHEN

Brain Won't Switch Off

07

DO THIS

- Sit up or change position.
- Write down everything currently in your head.
- Tell yourself, out loud: "I don't need to solve this now."

WHY IT WORKS

Your brain relaxes when it knows it won't forget important thoughts. The act of writing them down is what releases your brain from holding duty — even if you do nothing with the page.

Rest is allowed even when things aren't finished.

ONE MORE THING

You are not broken. You are not alone.

These cards exist because the moment of overwhelm is not the moment to invent a solution. If your brain has access to a tool it has practised — even something as small as *shake your hands for ten seconds* — it will use it. That's the entire point.

If one of these cards became your go-to, that's enough. You don't need to optimise this. You just need it to be there when you need it.

— *ADHD in Women*

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