



Season 1 | Episode 2: Burnout & Executive Symptoms

A guided companion for pausing, noticing what your body and mind have been carrying, and reflecting on what you may need now.

TOOL #1 | THE ADHD AUDIT

Grab a notebook or utilize the lines below to map your thoughts.

Ask yourself: What am I constantly criticizing myself for?

- Being late?
- Being overwhelmed?
- Forgetting things?
- Starting projects and not finishing?
- Difficulty regulating emotions?

Now shift your perspective: What if this isn't a character flaw? What if it's a structural executive symptom? That question alone can change your life.

YOUR REFLECTION:



TOOL #2 | THE BODY CHECK-IN

Three times this week, pause and ask intentionally:

"What is my body trying to tell me right now?"

Focus away from your spinning thoughts and ground into pure physical sensations:

- Where am I holding chronic tension?
- Where am I completely exhausted?
- What feels heavy?
- What feels calm and relaxed?

Your body often provides deep safety information long before your mind has caught up to it.

YOUR REFLECTION:



TOOL #3 | THE FIVE-MINUTE RULE

If a routine task or administrative hurdle feels entirely overwhelming:

Tell yourself you will only commit to doing it for **exactly five minutes**. That's it.

Most neurodivergent or burnt-out brains struggle significantly with the baseline friction of *starting*, not necessarily the act of doing.

Setting a tiny, non-threatening window of five minutes often completely breaks the initial executive paralysis.

YOUR REFLECTION:
