

H.E.L.P.S

The 5 Pillars of

Managing Overwhelm



H - Honor your energy. Assess what your energy levels and choose tasks that your able to complete. Manage your own expectations.



E - Evaluate, set realistic expectations which match your energy, this will prevent you from feeling like a failure if the task is to big to complete.



L - Learn to be kind to yourself. Practice self care routines when there are periods of overwhelm. This will help you reset for the next day.



P - Prioritise what needs to be done. Make a list of low, medium and high priority tasks and focus on one task at a time.



S - Simple, keep things simple and specific and if you need to shrink it, break down the tasks so your able to start the task.

Toogood Nutrition Support Systems
You Me and ADHD.