



HOW TO USE THE MIND DUMP TEMPLATE

WHEN YOUR HEAD FEELS FULL, BUSY, OR STUCK .

USE THIS IN THE MORNING, BEFORE BED, OR ANY TIME OVERWHELM BUILDS.

WRITE ANYTHING THAT'S TAKING UP MENTAL SPACE.

TASKS, WORRIES, IDEAS, EMOTIONS, REMINDERS

USE THE CIRCLES OR LINES IN ANY WAY.
(OR REDRAW ON A BLANK PIECE OF PAPER WITHOUT THEM)

MESSY IS WELCOME.

STOP WHEN YOU RUN OUT.

THIS IS ABOUT RELEASE, NOT PRODUCTIVITY.

ADULTS WITH ADHD

THIS WORKS BEST WHEN:

YOU FEEL OVERWHELMED .

EVERYTHING FEELS URGENT AT ONCE
YOU KNOW YOU NEED TO START... BUT CAN'T.

HELPFUL REMINDERS!

DON'T ORGANISE AS YOU GO.

LET YOUR MIND JUMP BETWEEN THOUGHTS.

CLARITY OFTEN COMES AFTER THE DUMP,
NOT BEFORE.

*THINK OF THIS AS UNTANGLING THE NOISE,
NOT MAKING A PLAN.*

PARENTS & PARTNERS OF ADHDERS

USE THIS SPACE TO:

OFFLOAD WHAT YOU'RE HOLDING FOR
SOMEONE ELSE.

SEPARATE THEIR NEEDS FROM YOUR WORRIES.

CAPTURE QUESTIONS, CONCERNS, OR
FEELINGS WITHOUT JUDGEMENT.

YOU MAY NOTICE:

LESS MENTAL LOOPING
MORE EMOTIONAL CLARITY
A CALMER STARTING POINT FOR
CONVERSATIONS

*THIS IS A SUPPORT TOOL ,NOT ANOTHER
THING TO DO OR GET RIGHT.*