



MINDFUL
CONNECTIONS
Therapy

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FREE GUIDE · FOR ADULTS WITH ADHD

When It All Feels Like Too Much

5 simple tools for calming emotional
overwhelm, before and during the wave.



INSIDE THIS GUIDE

1 · The Long Exhale

2 · 5-4-3-2-1 Grounding

3 · Name It to Tame It

4 · The Pause Button

5 · Check Your Basics

+ Where to get more support

A space to heal, learn and grow.

5 ways to calm the overwhelm

ADHD can make feelings arrive faster and hit harder. Different moments need different tools, so start by checking in.

Flooded? Tips 1–2

Rising? Tips 3–4

Steady? Tip 5

TIP 01

The Long Exhale

Best for: racing heart, tight chest

Breathing out for longer than you breathe in can help slow things down. You can do it anywhere, and no one can tell.

Try it: Breathe in for a count of 4, out for 6 to 8. Repeat five times. A hand on your chest can help you pace it.

TIP 02

5-4-3-2-1 Grounding

Best for: spiralling thoughts

Using your senses brings your attention back to the present moment when your mind is racing ahead.

Try it: Name 5 things you can see, 4 you can touch, 3 you can hear, 2 you can smell and 1 you can taste.

TIP 03

Name It to Tame It

Best for: a jumble of feelings

Putting a feeling into words can make it more manageable. The more specific, the better.

Try it: Instead of “I’m stressed,” try “I’m frustrated and a bit embarrassed about that email.”



TIP 04

The Pause Button

Best for: the urge to react right now

Big feelings push for fast reactions. A short, planned pause gives you room to choose what you do next.

Try it: Keep a go-to line ready: "Let me get back to you in 20 minutes." Step away, then decide how to respond.

TIP 05

Check Your Basics

Best for: days when everything feels louder

Hungry, thirsty, tired or lonely? Unmet needs can make every feeling bigger. Ask the simple questions first.

Try it: Before a hard task or conversation, eat something, drink water, and notice how much sleep you got.

Good weeks, hard weeks, same patterns? You don't have to manage it alone.

We help adults with ADHD steady big emotions and build strategies that fit real life. Not sure? Start with a free 15-minute call.

BOOK ONLINE

mindfulconnectionstherapy.janeapp.com

CALL

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WHERE

North York, and online across Ontario

This guide is general education. It isn't a diagnosis or a substitute for individual care. If you're in crisis, call or text 9-8-8 or go to your nearest emergency department.