

THE RESET

A Calm Guide for Overstimulating Seasons

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The shift in seasons can be a lot for us. After the holidays, we may feel depleted and want to dive straight into a perfect, goal-oriented new year. For many of us raising neurodivergent kids, however, diving in headfirst can be a fast track to burnout. This reset is a pause before that dive.

Take this as a time to reflect and check in on what both you and your family need.

Notes:

Check all that apply:

- Increased anxiety
- Difficulty sleeping
- Irritability
- Fatigue
- Overeating/loss of appetite
- Difficulty concentrating
- Social withdrawal
- Increased sensory sensitivities

What's been hardest lately?

What is one thing that has been consistently draining your energy?

What is one small way you can simplify your routine this month?

What is one thing you can delegate or ask for help with?

What is one joyful activity you can schedule this month?

Based on your answers, create a simple reset plan for the month:

1. Simplify:

2. Delegate:

3. Joy:

4. Boundaries:

Remember, this is a process, not a destination. Be kind to yourself as you navigate this season. You are doing the best you can with what you have. Taking a moment to pause, reflect, and reset can make a big difference in your overall well-being and your ability to support your family.

My reminder to myself this month: