

# Parent and Carer Self Care Planner

Protect your energy while supporting someone with ADHD.

## Non negotiables

- [ ] Medication or supplements taken on time.
- [ ] Movement most days (walk, stretch, dance class).
- [ ] Real food and hydration before midday.
- [ ] Bedtime routine that signals sleep at roughly the same time.

## Weekly rhythm

Monday reset: \_\_\_\_\_

Midweek buffer activity: \_\_\_\_\_

Weekend recharge: \_\_\_\_\_

## Micro-rest menu

- 60 second breathing card.
- Hot drink outdoors or near a window.
- Text a friend a three word check in.
- Five minute tidy of one surface to regain agency.

Created by Neurobreath - M Share - Educational information only; not medical advice. Updated November 2025.