



# Sensory Overload Relief Plan for ADHD

Stay organized & on track

17 Start: \_\_\_\_\_

17 End: \_\_\_\_\_

NAME / PET

GOAL

REVIEW DATE

✓ Personalized sensory trigger identification

✓ Curated coping strategy development

✓ Low-demand and easy-to-use format

✓ Beautiful floral aesthetic for calming appeal

✓ Actionable plan for immediate relief during overwhelm

## Tracking Log

#	Date	Item / Task	Details	Notes	Status
1					<input type="radio"/>
2					<input type="radio"/>
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## Additional Notes

## Next Steps

○ \_\_\_\_\_  
○ \_\_\_\_\_  
○ \_\_\_\_\_  
○ \_\_\_\_\_

*"Focus on progress, not perfection."*