

Feeling anxious? Stressed? Upset? Heart racing? Can't catch your breath?  
Try these ...



# TIME OUTS

Set a timer for **1 minute** and pick any of the options below to quickly calm your nervous system, reset your mood, and regulate your mind and body.

## Quick fixes for a chaotic mind

### Breathing techniques

- Practice **extended exhale breathing** to stop an anxiety attack in its tracks:
  - Inhale through the nose for the count of 4.
  - Exhale through the mouth for the count of 8. (Repeat)
- Practice the **3-part breath** to reduce stress and improve focus:
  - Inhale to fill up the belly, ribs, chest.
  - Exhale to empty the chest, ribs, belly.
- Practice **diaphragmatic breathing** to activate the vagus nerve and regulate the nervous system:
  - Inhale through the nose while expanding the belly
  - Exhale through the mouth while contracting the belly

### Yoga poses

- Try any of these poses to bring calmness and awareness back into your body:

 cat/cow



 forward fold



 downward dog



 tree pose



 happy baby



# Looking for help with your ADHD?

I've made it my mission to help neurodivergent women like you learn to love your brain and live a more fulfilling, gratifying life! Below are some options for support and community, and I'd love to find out more about your unique journey!

*xo Katy*

## Women & ADHD 1-on-1 Coaching

- Is your to-do list a mile long, but it feels like you're never getting anything done?
- Do you struggle with motivation and follow-through, even for the things you truly want to do?
- Are you tired of feeling like everyone but you has it figured out?
- Have you spent your whole life wondering why everything feels harder than it should?

Katy and the Women & ADHD team of certified coaches can help you explore and understand who you are through a neurodivergent lens so you can finally lean into your strengths and use them to your advantage! [Find out more.](#)

## Women & ADHD Podcast

Each week, I interview other women who discovered they have ADHD and are finally feeling like they understand who they are and how to best lean into their strengths. [Find it here.](#)

## Women & ADHD Small Group Coaching

Find connection, support, and friendship with other incredible women with ADHD, while developing a greater understanding of who you are and what structures help you operate. [Learn more here.](#)

## “Hey, it’s ADHD!” — a self-guided course

Everything I’ve learned about ADHD in women — in one place! “Hey, it’s ADHD!” is a self-guided, self-paced course that's made to help you wherever you are on your ADHD journey! [Find it here.](#)

## More Women & ADHD resources

Check out our resource page, which includes free downloadable infographics, recommended self-tests, books, audiobooks, podcasts, and more! [Find it here.](#)



If you've been diagnosed with ADHD or think you have ADHD and you're looking for expert guidance and support, head to [womenandadhd.com](http://womenandadhd.com).