

Make room for your evening



AN ADULT MOVEMENT PLAN

You can want time with your family and still need a few minutes before you're ready for it. Use these pages to try a transition that fits your ADHD or sensory needs. Start with one familiar activity; adjust as you learn.

My anchor: when will I take this break?

After I close the laptop, change clothes, or finish an agreed handoff.

Movement I would actually enjoy

Walking, dancing, yoga, or a familiar weights routine. What feels good to me?

Make starting easier

What will I set out or decide ahead of time? Do I need food or quiet first?

My usual plan and my smaller version

Choose an amount that fits. On a crowded day, what could I shorten or swap?

My stopping point and return plan

When will I finish? If I miss today, when is the next workable chance?

Try the plan for a few evenings. A shorter version or needed rest counts as an adjustment. There are no missed minutes to make up.

Choose familiar movement suited to your health and abilities. Stop if it hurts or you feel unwell. Ask your clinician about any activity limits.

Come back to the people you love



MAKE THE BREAK WORK FOR YOUR HOUSEHOLD

Agree on the timing together. If someone else is covering responsibilities, make room for their break too. If a separate break will not work, consider moving together or taking a quieter pause nearby.

What I will say, and when I will be back

"I want to hear about your day. Can I take ten minutes, then sit with you?"

What needs to be covered while I take a break?

Who needs me? What can wait? Whose break needs a place in the plan too?

One small way I want to reconnect

Put my phone away, sit together, hear a story, or take a shared walk.

After a few tries: what do I notice?

Less wound up, unchanged, or more tired? Is joining the evening any easier?

What I want to keep or change

The activity, amount, timing, noise, company, or practical help I need.

Movement is one option to explore, not a test you have to pass. Food, quiet, rest, fewer demands, or more help may be what you need today.

Companion to [You're Home but You're Still Carrying the Day](#). Read the article for context and research references.