

6 Ways to Feel Lighter When Your Brain Won't Shut Up

Small, body-first resets for a neurodivergent nervous system, straight from what actually works for me. None of these require you to fix your whole life today. Just the next five minutes.

1 Box Breathing

4 in, 4 hold, 4 out. Use it as many times a day as you need, whenever you feel overwhelmed. It is a way of returning your attention from where it keeps going, forward to everything you have to do today, back to the present. Back to your breath. Back into yourself. Instead of teleporting between the anxiety of the future and the regrets of the past, it brings you home to right now.

2 Energy In, Energy Out

Hang out with people on the same frequency as you. Not everyone who likes you regulates you, some of them take energy from you instead. Pay attention. If a person leaves you with more energy than you started with, that is who you want to be around.

3 Shake It Out

Personally, I will go on a burst of random dancing, just to shake the energy out. The more energy gets stuck, the more bogged down my brain gets. Move the body before you try to think your way through it.

4 Pilers, Not Organizers

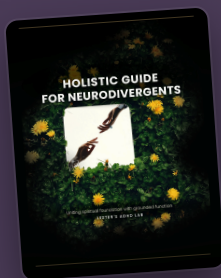
We get overwhelmed by our space, and then we guilt and shame ourselves for not keeping it together. Here is the truth: we are pilers. We are gatherers. We were never going to be organizers. Use that knowledge to work with your brain instead of against it, one surface at a time.

5 Name It to Tame It

Every time you feel overwhelmed, shameful, or guilty, do not trust the feeling right away. That wiring was built when you were a kid, covering for everybody. So name it. Enunciate it. State it plainly: this is not fact. That is how it finally loosens its grip on your identity.

6 Borrow Nature's Calm

There is a whole world out there, and that world is what regulates us. Real nature. Sunlight. Air. The trees. If you do not have anyone to co-regulate with, nature is infinite, it is always there.



WANT THE REST?

These are six of the tools I actually use. The Holistic Guide for Neurodivergents goes eight pillars deep, purpose, belief, nervous system, environment, work, and community, each one built the same way: practical, no fluff, with your brain in mind.

[Get the Full Guide →](#)

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Peace and Love 🙌❤️ — **Lester**, Founder of Lester's ADHD Lab