

# PMDD Bare Minimum Week

For the days your brain is chaotic and your body is done

## **Body**

- Water or Tea
- Comfy clothes
- Shower or freshen-up wipes

## **Brain**

- 1 priority only
- Timer: stop when it rings
- Write it down → let it go

## **Home**

- One clean surface
- Tomorrow ready (clothes/food)
- Easy meals prepped or ordered (no guilt)

## **Family**

- 5 min connection
- Everyone manages their own feelings
- Sit near each other (parallel play counts!)

## **Calm**

- 5 breaths
- 5 minutes lying down
- Celebrate the tiniest win: you showed up

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# Neurodivergent Bare Minimum

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# Cognitive Overload Self-Care

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