12 Overstimulation Resets Checklist

An overstimulated brain calms fastest when you remove input, not add willpower.

- [ ] Leave the room, even for 90 seconds
- [ ] Cover your eyes with your palms
- [ ] Run cold water over your wrists
- [ ] Name it out loud: “I am overstimulated”
- [ ] Wear loop earplugs, not full noise cancelling
- [ ] Build one quiet retreat spot at home
- [ ] Put on repetitive white noise to mask the trigger
- [ ] Exhale twice as long as you inhale
- [ ] Press your palms flat against a wall for 20 seconds
- [ ] Dim overhead lighting after 6pm
- [ ] Cut background screens you are not actively watching
- [ ] Schedule 15 minutes of true quiet before a high stimulation event

You’re not behind. You’re just differently wired.