



Low-Energy Task Menu

For when you're foggy, frozen, or just can't even.



Home & Environment (Tiny Upgrades)

- Throw away one piece of trash
- Put one thing back where it belongs
- Gather all dirty laundry into a pile
- Wipe a 1ft x 1ft area (table, counter, etc.)
- Open a window or adjust the lighting
- Place one item by the door that needs to leave the house



Executive Function Soothers

- Name the *one* thing stressing you most (out loud or on paper)
- Circle or highlight top 3 items on a to-do list
- Set a 2-minute timer and brainstorm what “step one” could be
- Voice record a brain dump
- Check your calendar for tomorrow — no changes, just look



Emotional Regulation & Self-Kindness

- Breathe in for 4, out for 6 (x5 rounds)
- Put a cold object on your face or neck
- Listen to a comforting song or soundtrack
- Whisper “It’s okay to go slow”
- Pet an animal, stuffed animal, or soft texture
- Text a friend: “No need to reply, just feeling off today ❤”



Sensory Reset & Movement

- Chew something crunchy or minty
- Stretch while seated (neck rolls, shoulder shrugs)
- Step outside and name 3 things you see

- Walk from one room to another (and back)
- Wrap yourself in a blanket or pressure item

Gentle Productivity

- Check off something you already did
- Open the tab or app for the task—nothing else required
- Skim an article or doc you've been avoiding
- Copy/paste a link you'll need later into a doc
- Type one sentence, write one word

Reconnection / Micro-Motivation

- Look at a photo or vision board of a goal you care about
- Say out loud: “I’m not doing nothing—I’m pausing with purpose”
- Revisit a past win or kind note from someone
- Add 1 song to a motivation playlist
- Ask yourself: “What would future-me thank me for right now?”