



THE NEURODIVERGENT ENERGY & OVERWHELM GUIDE

A practical guide to understanding
your energy levels, reducing
overwhelm and building a more
manageable life.

Introducing the Traffic Light Method™

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THANK YOU FOR DOWNLOADING THIS GUIDE

WELCOME



Energy and Overwhelm Guide

Thank you for downloading this guide. If you've ever wondered why some days most things feel manageable and other days even small tasks feel impossible, you're not alone. This guide introduces the Neurodivergent Minds Traffic Light Method™ to help you understand your energy with compassion - not judgement. This 10 page guide has been created to help you understand and manage your energy, recognise the early signs of overwhelm and build practical strategies that work for you.



NEURODIVERGENT MINDS

UNDERSTANDING YOUR ENERGY

For many neurodivergent individuals, energy isn't constant. It can be high one day and completely gone the next. Fluctuations during the day can also be difficult to manage. Understanding your energy and what depletes or supports it, is the key for feeling more in control and less overwhelmed.



NEURODIVERGENT MINDS

YOUR ENERGY IS INFLUENCED BY:

01 NEUROCOGNITIVE INFLUENCES

e.g., ADHD, Autism, Dyslexia, Dyscalcula, Tics etc

02 MENTAL HEALTH

e.g., Low mood, expectations, anxiety etc

03 SENSORY PROCESSING

e.g., Light, noise, touch, movement etc

04 PHYSICAL HEALTH

e.g., Sleep, Nutrition, exercise etc

05 ENVIRONMENT

e.g., Daily habits, work, education, travel options etc

06 SOCIAL

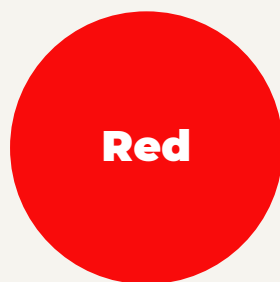
e.g., Friends, colleagues, family, relationships, communication preferences etc

07 MANY OTHER THINGS

The above are examples of some of the things that impact some peoples energy levels. Each person is unique, think about the above, and any other major things which impact your energy levels.

A SIMPLE VISUAL WAY TO UNDERSTAND YOUR ENERGY AND
MAKE INFORMED CHOICES, SO YOU CAN FEEL MORE IN
CONTROL AND REDUCE OVERWHELM

THE TRAFFIC LIGHT METHOD™



Green - I have capacity

Amber - I need to adapt

Red - I need recovery

GREEN - I HAVE CAPACITY

You're coping, learning and engaging



When you're in the green zone, your energy is steady enough to think, learn and take on challenges. Green doesn't mean perfect - it means you have enough capacity to engage with life in a way that feels manageable.



Signs you're in the green zone:

- You feel focused and motivated
- You have enough energy for your day
- You can start and complete tasks
- You feel calm and in control
- You're connecting with other people
- You have a sense of wellbeing

Remember: Green isn't about being productive all the time. It's about having the capacity to live in a way that feels sustainable.

NOTES:

AMBER - I NEED TO ADAPT

Early warning signs — pause, notice and adjust.



Amber is your early warning system. It's the point where small adjustments can often prevent overwhelm from becoming burnout. The goal isn't to push through - it's to adapt.



Signs you might be in amber:

- You're more tired than usual
- It's harder to concentrate
- You're procrastinating or avoiding tasks
- Sensory input feels stronger
- You're feeling more anxious or irritable
- Everyday tasks are taking more effort



Strategies for amber:

- Reduce demands where possible
- Break tasks into smaller steps
- Schedule a short period of quiet or rest
- Use helpful tools (timers, lists, reminders)
- Lower sensory input with headphones or a calmer space
- Tell someone you trust that you're struggling

NOTES:

Amber gives you the opportunity to pause. Listening to your nervous system is a strength, not a weakness.

RED- I NEED TO RECOVER

Burnout, shutdown or overload.



Red is the point where your nervous system is asking for recovery. This isn't the time to work harder or catch up - it's the time to reduce demands and meet your basic needs with compassion.



Signs you might be in red:

- You feel completely exhausted
- Thinking feels slow or foggy
- You're overwhelmed or shut down
- You're finding it difficult to get out of bed
- You need to withdraw from demands
- Everything feels like too much



Recovery strategies:

- Stop and reduce non-essential demands
- Prioritise sleep and nourishment
- Create a calm, low-stimulation environment
- Do what helps you feel safe and regulated
- Be patient with yourself—recovery takes time
- Reach out for support if you need it

NOTES:

Recovery is not a setback. Rest is a necessary part of building resilience, not something you have to earn.

DAILY WORKSHEET TO PRINT

DAILY ENERGY CHECK-IN

Date:

A quick tool to help you notice where you are.

Take a moment each day to check in with yourself. This is about recognising patterns so you can respond with compassion rather than waiting until you're overwhelmed.

Over time you'll begin to notice what increases your energy and what drains it. There isn't a "right" colour to be. Your energy will naturally move between green, amber and red - and that's completely normal.



Which tasks today made me feel at green level:

Which tasks today made me feel at amber level:

Which tasks today made me feel at red level:



DISCOVER WHAT GIVES YOU ENERGY - AND WHAT DRAINS IT

MY PERSONAL ENERGY MAP

Everyone's nervous system is different. Expanding on the tasks listed on the previous page. Use this page to identify your personal patterns and create a guide that reflects your needs rather than someone else's.

MY EARLY WARNING SIGNS...

What do I notice first when my energy starts to dip?

MY RECOVERY NEEDS...

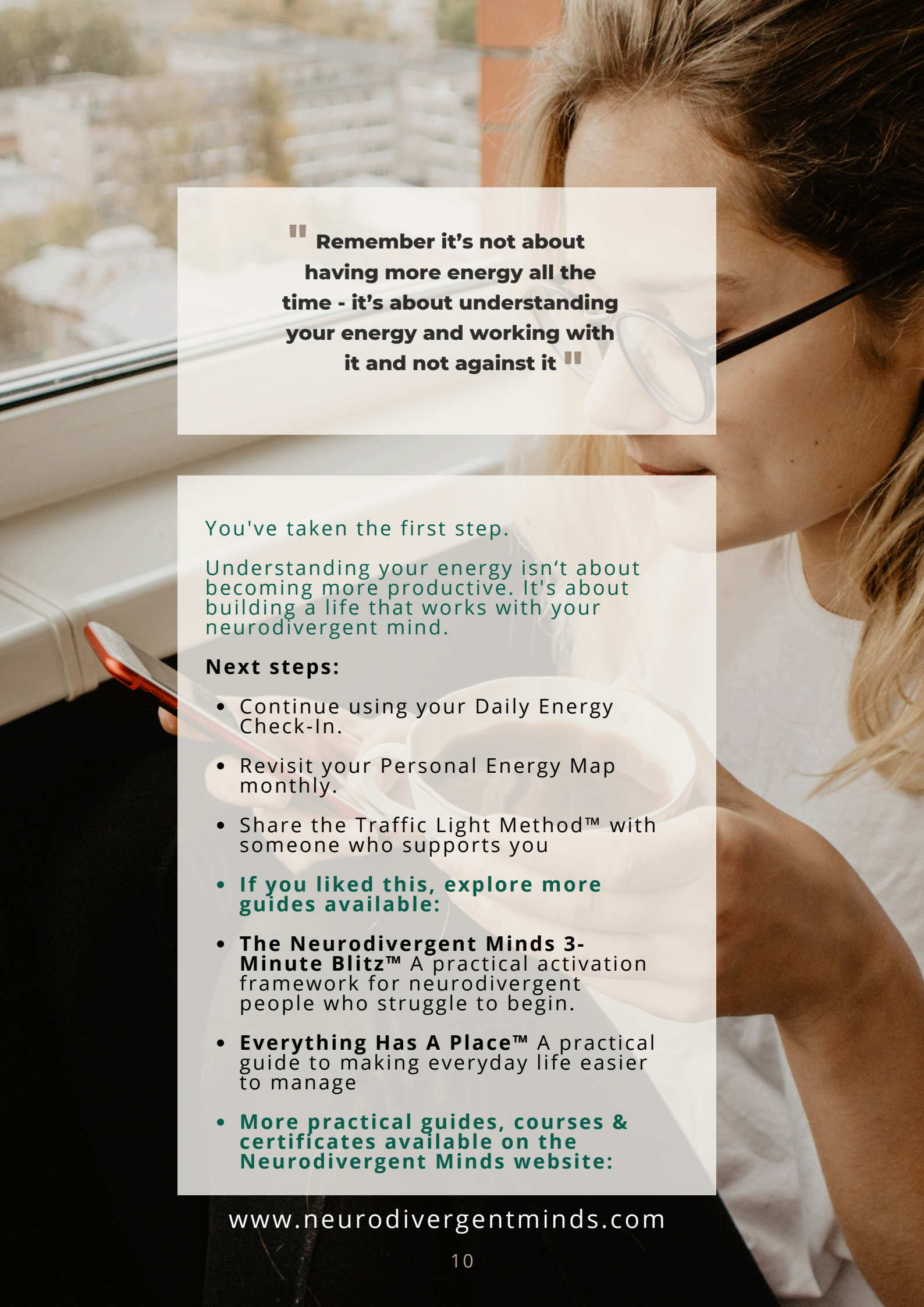
What genuinely helps me recover when I'm in the red zone?

WHAT I DO WHEN I NEED TO ADAPT...

What do you do when you move into amber level?

OTHER SUPPORT STRATEGIES

Who or what helps me feel more balanced and supported?



■ **Remember it's not about having more energy all the time - it's about understanding your energy and working with it and not against it** ■

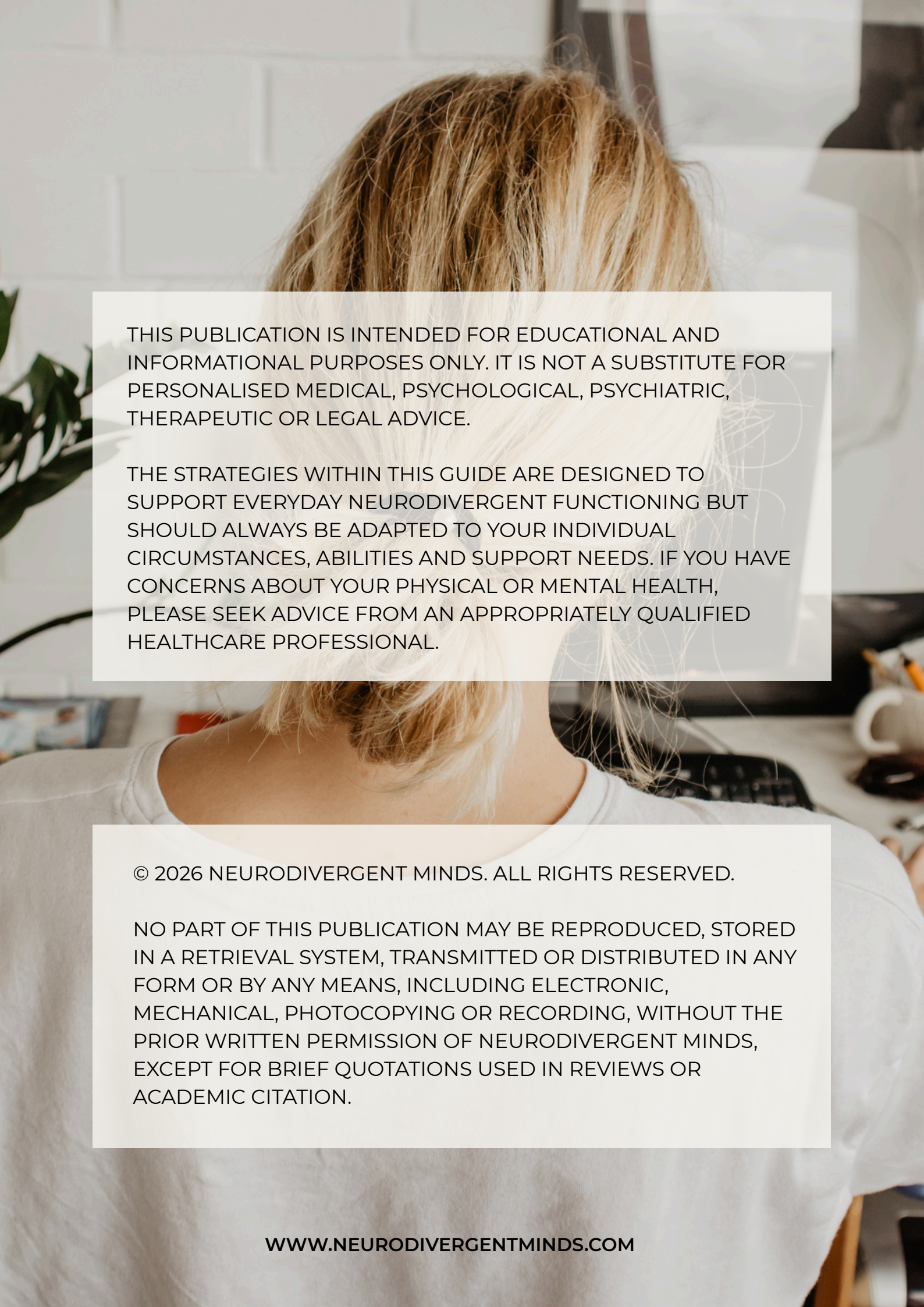
You've taken the first step.

Understanding your energy isn't about becoming more productive. It's about building a life that works with your neurodivergent mind.

Next steps:

- Continue using your Daily Energy Check-In.
- Revisit your Personal Energy Map monthly.
- Share the Traffic Light Method™ with someone who supports you
- **If you liked this, explore more guides available:**
- **The Neurodivergent Minds 3-Minute Blitz™** A practical activation framework for neurodivergent people who struggle to begin.
- **Everything Has A Place™** A practical guide to making everyday life easier to manage
- **More practical guides, courses & certificates available on the Neurodivergent Minds website:**

www.neurodivergentminds.com



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THE STRATEGIES WITHIN THIS GUIDE ARE DESIGNED TO SUPPORT EVERYDAY NEURODIVERGENT FUNCTIONING BUT SHOULD ALWAYS BE ADAPTED TO YOUR INDIVIDUAL CIRCUMSTANCES, ABILITIES AND SUPPORT NEEDS. IF YOU HAVE CONCERNS ABOUT YOUR PHYSICAL OR MENTAL HEALTH, PLEASE SEEK ADVICE FROM AN APPROPRIATELY QUALIFIED HEALTHCARE PROFESSIONAL.

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