ECO & SNUG

The Repair Map

For the day it has already gone wrong

When the physical noise comes back, that is not you failing. It is a signal that the software has glitched — and a glitch has a patch.

So don't fight the chaos. Find the fault that matches, do the one thing underneath it, and leave the rest of the day alone. There are four and not forty on purpose: on the day you need this, a long list is one more decision.

FOUR FAULTS, FOUR PATCHES

FAULT ONE

Mental Overload

Your brain feels like a spinning wheel.

THE PATCH

Five minutes of brain dump. Every task out of your head and onto the page, in any order, before you try to do a single one of them.

What it looks like in me .....

FAULT TWO

Visual Static

Flat surfaces are disappearing.

THE PATCH

A fifteen-minute reset with a to-sort bin, to clear your line of sight. This is not tidying. Nothing has to be put away properly.

The surface that goes first .....

FAULT THREE

Friction Spike

Decision fatigue. Everything needs choosing and nothing can be chosen.

THE PATCH

Don't decide anything new. Pick from a list you wrote on a better day, with the choosing already done.

The list I pick from .....

FAULT FOUR

Sensory Redline

Lights or noises feel overwhelming.

THE PATCH

Shed the load. Soft clothes, nothing tight on your wrists, and fifteen minutes of brown noise or silence.

What I put on .....

Fill the blanks in on a good day. The faults are everybody's. How they show up in your house is not, and the day you need to know is the day you cannot work it out.

ECO & SNUG

The children's half

Mission repair

Sometimes the world gets too loud and we forget our secret language. These are the repairs — find the one that matches how you feel, and do that one thing.

Nothing on this page is a telling-off. A fizzy brain is not bad behaviour, and neither is a child who cannot hear you from the doorway.

FOUR REPAIRS

FAULT ONE

Fizzy Brain

Everything feels buzzy and too fast.

THE PATCH

Something heavy, for a few minutes. Push hard against a wall, or carry something heavy from one end of the room to the other.

Ours .....

FAULT TWO

Tunnel Trap

You can't hear instructions during deep play.

THE PATCH

A code word, not a shout from the doorway. *Hands off* means it is time for a safety check.

Ours .....

FAULT THREE

School Hangover

You want to shout or hide as soon as you get home.

THE PATCH

The sensory swap first — uniform off, soft clothes on — and a snack. Questions afterwards, not at the door.

Ours .....

FAULT FOUR

Bedtime Spirals

Big thoughts keep coming at lights out.

THE PATCH

Whisper the big thoughts to a teddy who keeps them safe until morning, so your brain is allowed to let go of them.

Ours .....

These are two pages out of **The ADHD Operating System**, free because they are the ones you need on the worst day. The rest is at **ecoandsnug.com**.