



Morning & Evening Regulation Rituals

Simple anchoring practices for ADHD / AuDHD minds

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Important note

This resource is intended to support understanding and good practice in neuro-inclusive workplace design. It provides general guidance and does not constitute legal, medical, or clinical advice. Organisations should apply the principles in line with their own policies, regulatory obligations, and professional judgement.

These rituals are not about optimisation.
They're about **orientation**... helping your nervous system know where it is.

You don't need to do all of these.
You don't need to do them every day.
Doing *one small thing* still counts.

How to use this (optional)

- Pick **one** practice per time of day... or none
- Use the same one for weeks if that helps
- Change them when they stop working
- Skip entirely on hard days

Rituals are **supports**, not standards.

Morning Regulation Rituals

(Starting gently, not "getting ready")

The goal in the morning is **orientation**, not motivation.

1. Name the Day (30 seconds)

Before checking your phone:

"It's morning.
It's [day].
I'm here."

That's it.
Naming time and place helps your nervous system land.

2. Hand-on-Chest or Body Contact (1 minute)

Place a hand on:

- chest
- stomach
- thigh
- anywhere grounding

Notice:

- warmth
- pressure
- breath moving

No need to breathe differently.
Just notice.

3. Gentle Sensory Signal

Choose **one**:

- drink something warm or cold
- open a window
- stretch arms overhead
- feel your feet on the floor

This tells your body:

“The day has started... slowly.”

4. Capacity Check (10 seconds)

Silently ask:

“What kind of day is this likely to be?”

Then choose one word:

- low
- mixed
- heavy
- open
- unclear

This is **information**, not prediction.

5. Permission Statement

Say (out loud or internally):

“I don’t have to do today perfectly.”

or

“I can go slowly where I need to.”

Permission lowers threat before demand appears.

□ Evening Regulation Rituals

(Closing the day, not reviewing it)

The goal in the evening is **containment**, not evaluation.

1. Mark the End of the Day (30 seconds)

At any point you choose:

“Today is ending.”

“I don’t need to hold it all now.”

This helps the nervous system release unfinished loops.

2. Physical Unclenching (1–2 minutes)

Try one:

- unclench jaw
- drop shoulders
- shake out hands
- press feet into the floor

You don’t need to relax fully.
Just **less tense than before**.

3. One Neutral or Kind Noticing

No gratitude lists. No lessons.

Just notice:

- one thing that wasn’t awful
- one moment of relief
- one thing you’re glad is over

That’s enough.

4. Tomorrow Containment (Optional)

If your brain is racing:

Write or think:

“This is for tomorrow.”

“I don’t need to solve it now.”

Then imagine placing it on a shelf.

5. Evening Permission

Choose one:

- “Rest is allowed.”
- “I’ve done enough for today.”
- “Stopping counts.”

Even if the day felt unfinished.

If You Miss a Ritual

Nothing resets.

Nothing breaks.

There’s no “starting again”.

You just meet the next moment as it is.

Common Traps to Avoid

- turning rituals into rules
- stacking too many practices
- using them to push productivity
- judging whether they “worked”

If it reduced tension by **1%**, it worked.

Why These Rituals Help

- They reduce nervous-system uncertainty
 - They mark transitions (which ND brains struggle with)
 - They provide safety without demand
 - They create rhythm without rigidity
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Gentle Reminder

Regulation is not something you achieve.

It's something you **return to...**
over and over...
in small, human ways.

