A GIFT FROM @APP.FLUIR

The *Anti-Fog Kit*



5 small rescues for the day your brain won't switch on.

One at a time, at your pace. No guilt.

HOW TO USE IT

Pick just one rescue. If it helps, great; if not, that's okay too. Each page shows what the research says and where it comes from: sources are at the end.

RESCUE 1 OF 5

Start with *5 minutes.*



Pick one thing. Set a 5-minute timer and begin. When it rings, you decide: stop or keep going.

Starting is already a big part of the way.

WHY IT WORKS

ADHD guidelines recommend breaking tasks into small steps, and "if X happens, I'll do Y" plans help people get started.

CADDRA, 2020 · Gollwitzer & Sheeran, 2006

RESCUE 2 OF 5

One thing *in view.*



Hide the rest. Write down only the next step, small and concrete, like "open the email." The full list can wait.

Your mind doesn't have to hold it all at once.

WHY IT WORKS

Keeping one concrete step in view eases working memory. The therapy studied for adults with ADHD trains exactly this kind of organizing.

Barkley, 1997 · Solanto et al., 2010



RESCUE 3 OF 5

Move your body, *just a little.*

Stand up, stretch, walk to the window, or dance to one song. If you have the energy, keep going for about 20 minutes. A glass of water is a bonus.

Any movement counts.

WHY IT WORKS

In studies of adults with ADHD, one session of moderate exercise briefly boosted energy and motivation. These are small studies.

Fritz & O'Connor, 2016 · Xu et al., 2026



RESCUE 4 OF 5

Lower *the bar.*

Today, "good enough" counts. Choose the minimum that's already fine, do it, and stop there, guilt-free.

Done, even if imperfect, beats perfect that never happens.

WHY IT WORKS

Research links more self-compassion with better mental health in adults with ADHD. These studies show a link, not cause and effect.

Beaton, Sirois & Milne, 2022

RESCUE 5 OF 5

Get it out *of your head.*



Jot it on paper, set an alarm, or record a voice note. What you need to remember can live outside your head.

Working memory isn't a character flaw. What's written down, your mind can let go of.

WHY IT WORKS

Meta-analyses show working memory takes more effort with ADHD, and writing things down lightens the load. External reminders are part of studied therapies.

Alderson et al., 2013 · Risko & Gilbert, 2016

FLUIR

When the fog lifts, *Fluir will be here.*



If today you only managed one rescue, that counts. We'll try again tomorrow, at your pace.

Fluir brings routine, medication, mood, focus and finances together in one place — one thing at a time, at your pace, no guilt.

Fluir is coming. Follow @app.fluir to catch the launch.

FURTHER READING

Sources *and care.*

Alderson, R. M., Kasper, L. J., Hudec, K. L., & Patros, C. H. G. (2013). Attention-deficit/hyperactivity disorder (ADHD) and working memory in adults: A meta-analytic review. Neuropsychology, 27(3), 287–302. https://doi.org/10.1037/a0032371

Barkley, R. A. (1997). Behavioral inhibition, sustained attention, and executive functions: Constructing a unifying theory of ADHD. Psychological Bulletin, 121(1), 65–94. https://doi.org/10.1037/0033-2909.121.1.65

Beaton, D. M., Sirois, F., & Milne, E. (2022). The role of self-compassion in the mental health of adults with ADHD. Journal of Clinical Psychology, 78(12), 2497–2512. https://doi.org/10.1002/jclp.23354

Canadian ADHD Resource Alliance. (2020). Canadian ADHD practice guidelines (4.1 ed.). CADDRA. https://www.caddra.ca

Fritz, K. M., & O'Connor, P. J. (2016). Acute exercise improves mood and motivation in young men with ADHD symptoms. Medicine & Science in Sports & Exercise, 48(6), 1153–1160. https://doi.org/10.1249/MSS.0000000000000864

Gollwitzer, P. M., & Sheeran, P. (2006). Implementation intentions and goal achievement: A meta-analysis of effects and processes. Advances in Experimental Social Psychology, 38, 69–119. https://doi.org/10.1016/S0065-2601(06)38002-1

Risko, E. F., & Gilbert, S. J. (2016). Cognitive offloading. Trends in Cognitive Sciences, 20(9), 676–688. https://doi.org/10.1016/j.tics.2016.07.002

Solanto, M. V., Marks, D. J., Wasserstein, J., Mitchell, K., Abikoff, H., Alvir, J. M. J., & Kofman, M. D. (2010). Efficacy of meta-cognitive therapy for adult ADHD. American Journal of Psychiatry, 167(8), 958–968. https://doi.org/10.1176/appi.ajp.2009.09081123

Xu, S., Zhao, C., & Hu, L. (2026). The effects of acute and chronic exercise on executive functions and core symptoms in adults with ADHD: A systematic review and meta-analysis. Psychology of Sport and Exercise, 84, 103088. https://doi.org/10.1016/j.psychsport.2026.103088

This kit offers practical ideas and isn't a substitute for professional care. If the fog feels heavy or lasts for days, talk to a health professional. In the US, if you're in crisis, call or text 988.