

The Command Center Triage Page



Current Status:

Smooth Sailing High Winds Full Emergency

1. The "Non-Negotiable" Trio

If nothing else happens today, these three things keep the ship afloat.

1. **Medication/Health:** (Vitamins, prescriptions, water intake)
2. **The "Must-Eat" Plan:** (What is for dinner? Do I need to defrost it now?)
3. **The IEP/Military Deadline:** (The one thing with a hard "Due Date")

2. The Brain Dump (The "Park It" Zone)

Get it out of your head so your ADHD brain can stop looping it.

- _____
- _____
- _____

3. The Energy Filter (Autoimmune Check-In)

*Match your tasks to your physical capacity **right now**.*

- **High Energy (Green):** Tackle the "Big" phone calls or the mountain of laundry.
- **Low Energy (Yellow):** Answer 2 emails, fold one basket, or update the family calendar.
- **Survival Mode (Red):** Paper plates only, sensory-friendly movie for the kids, rest for me.

4. The Advocacy Corner (Special Needs & Military)

A space for the extra "Mental Load" of being an Autism/Military Mom.

- **The "Paper Trail":** (One IEP doc to file or one EFMP form to sign).

- **Communication:** (One text to the spouse/CO or one email to a therapist).

5. The "Sazón" Moment

One small thing that makes you feel like YOU, not just a "Coordinator."

- (e.g., A 5-minute playlist, a cup of cafe con leche, or a quick text to a friend).