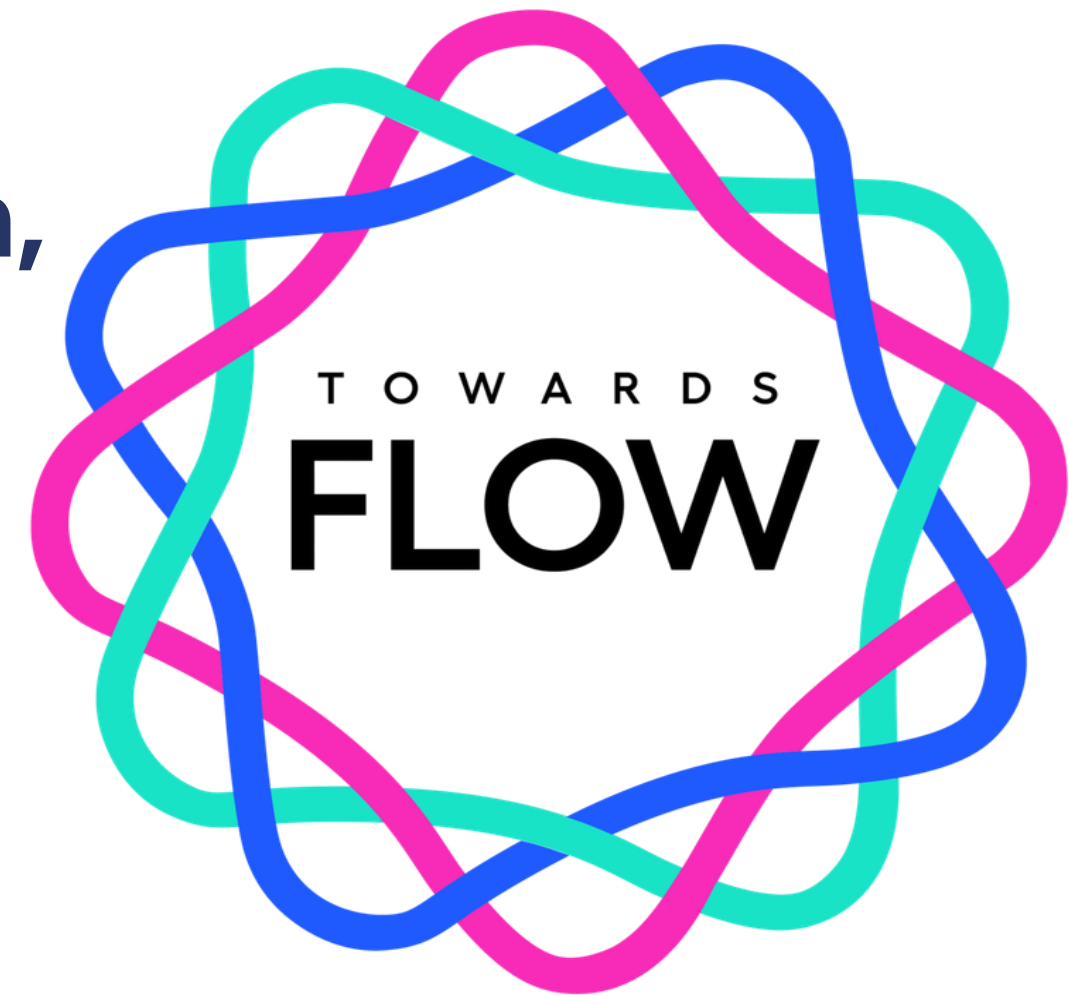



From Overwhelm to FLOW
Practical Strategies for Life, Organization,
and Well-being



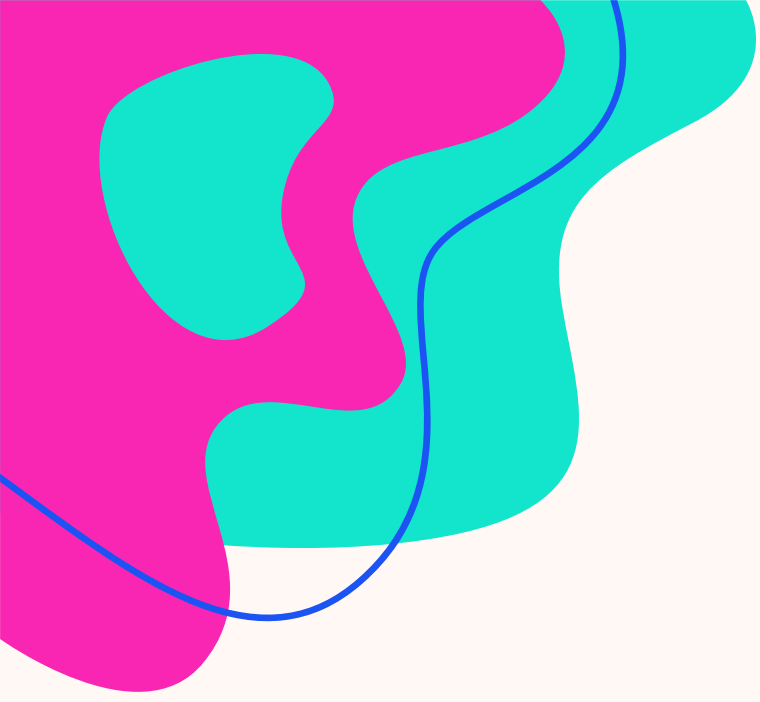
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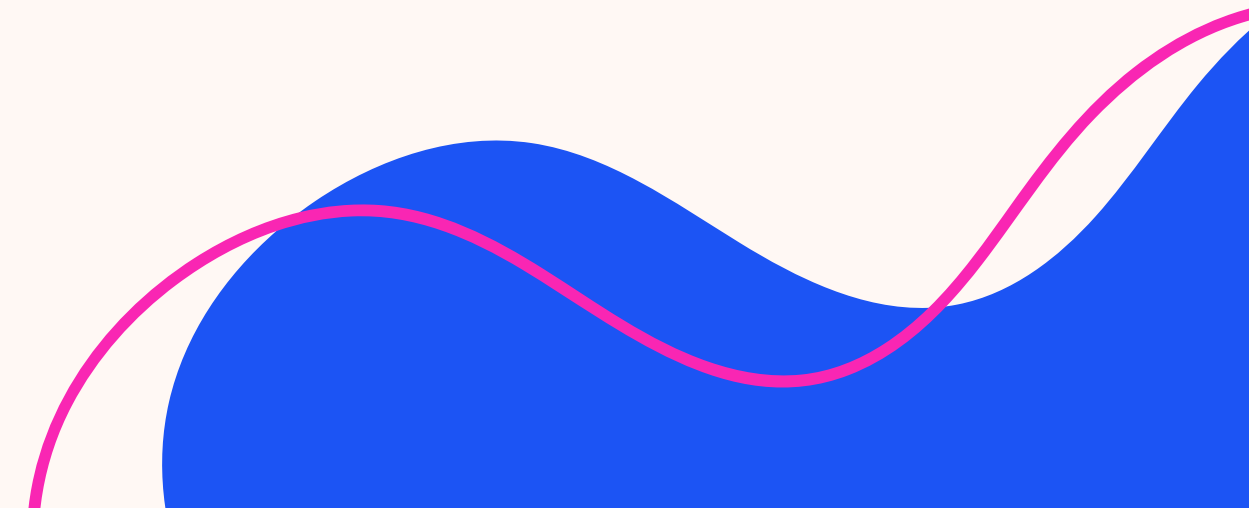
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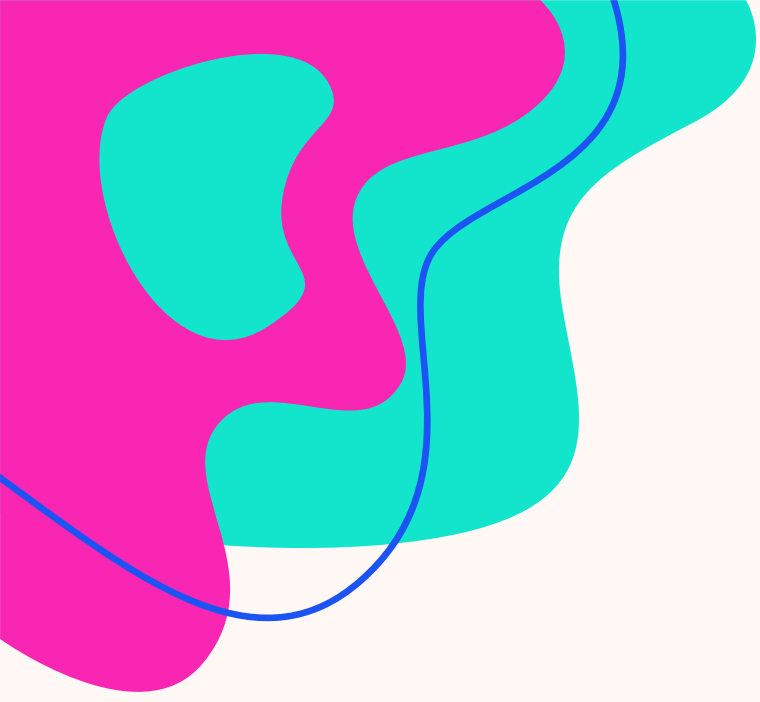


Towards FLOW

Focus on life, organisation & well-being

Kristien Smet & Dr. Aileen Doyle





Designing a life that fits the person,
not the other way around.



WHO ARE WE?

Kristien Smet

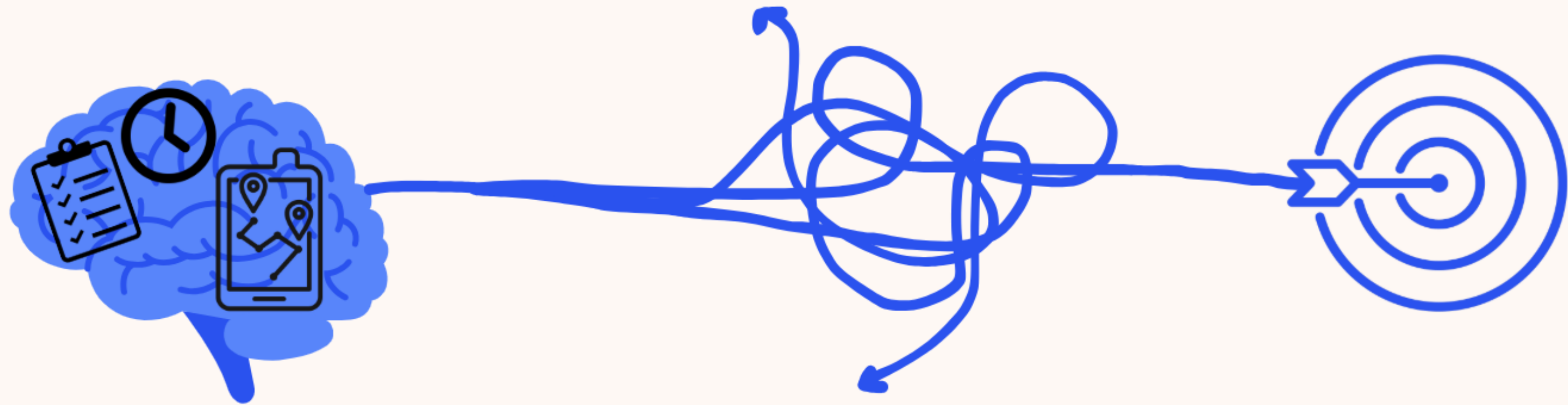
Social Work professional and founder of Organice, helping people feel more empowered by organizing life in a way that truly fits them.

Dr. Aileen Doyle

Psychiatrist specializing in autism, ADHD, and trauma/attachment-related difficulties in adolescents and adults. Outside of her clinical work, she is pursuing a PhD and lectures extensively on these topics.

THE DISCONNECT

I know what to do but I cannot do it



Intention

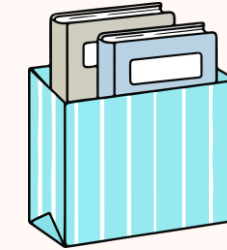
Action

Goal

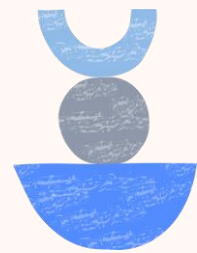
EXECUTIVE DYSFUNCTIONING



Self-management
(eg. procrastination, time-blindness)



Organisation
(eg. working memory failures)



Self-control
(eg. impulsiveness, scroll-paralysis)



Motivation
(eg. difficulty starting tasks without immediate reward or punishment)



Emotional Regulation
(eg. difficulty selfsoothing)

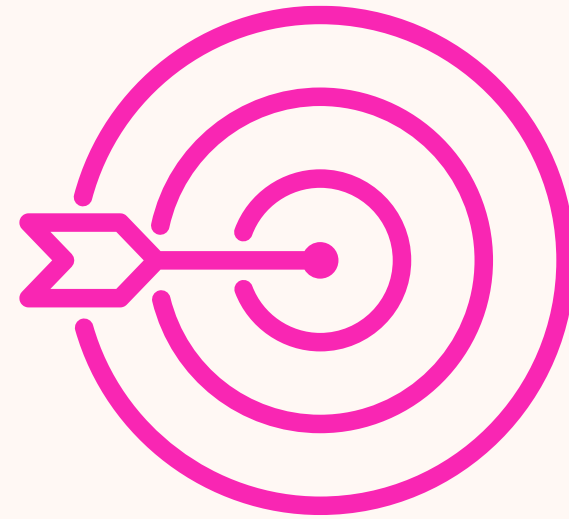


The difficulty using past information to alter the future. It is not laziness.

FROM “WHY DIDN’T YOU” TO “WHAT HAPPENED?”

The deficit model	The FLOW model
Just try harder!	What got in the way?
Why is this not done?	How can we design for this?
Rooted in shame & stress	Rooted in empathy & curiosity
Result: masking, burnout	Result: building strategies that actually work long term, using an approach that helps regulate while you look for what works.

FROM “WHY DIDN’T YOU” TO “WHAT HAPPENED?”



To move from surviving
to living an easier, more joyful life.

FOUNDATION OF THE FLOW-MODEL

Psychological safety before strategy

Rogerian Stance:

- Empathy: understanding the lived experience
- Authenticity: the professional brings their true self to the table
- Unconditional acceptance: You are doing your best, and you are okay.

The problem is the strategy, not the person.

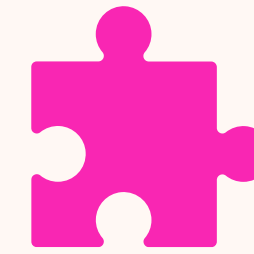


A disregulated nervous system cannot plan.
Curiosity and understanding help coregulate the other,
and holds space for how they feel, what they need now
and in the future.

THE FLOW PROCES



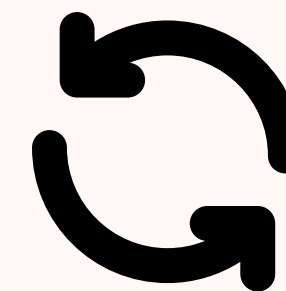
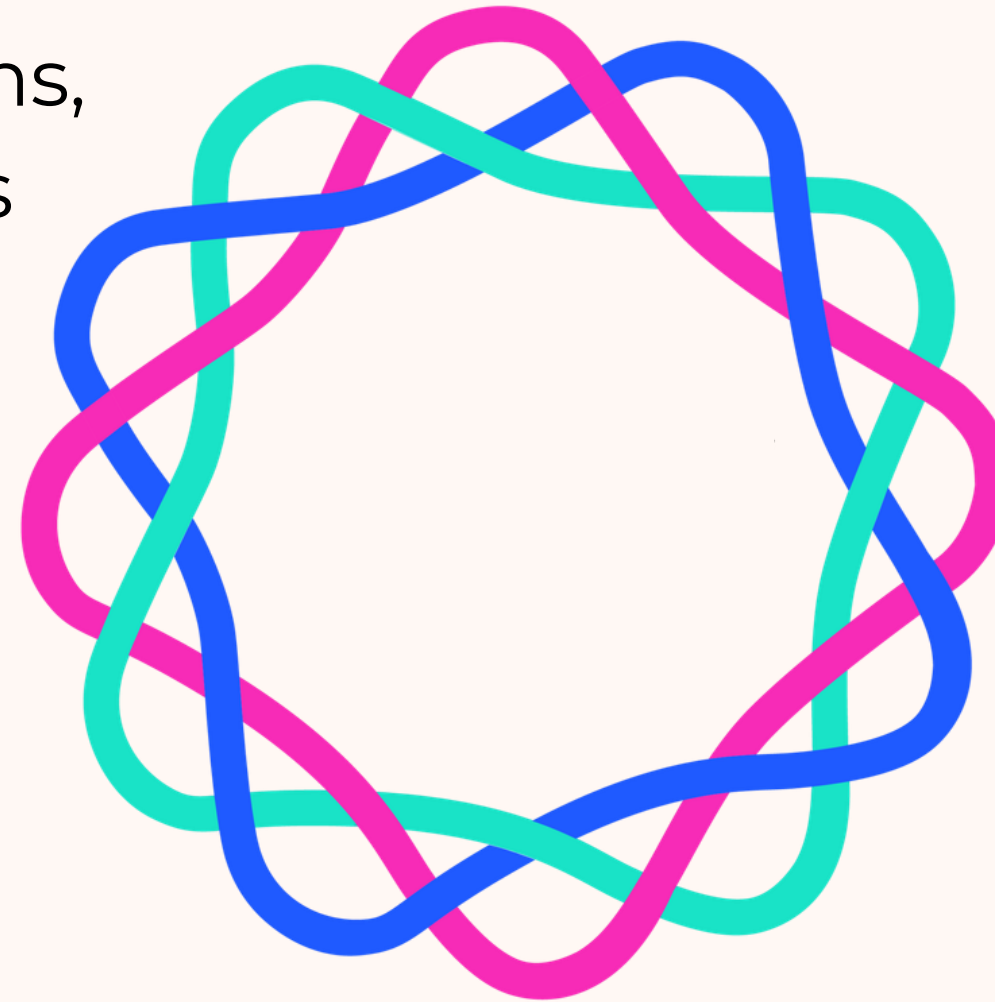
Map the challenge, the context, the problems, strengths and wants



Cocreate the solutions, brainstorm and write out what you want to try out



Experiment.
Discover how strategies hold up to real life



Feedback loop: keep what works, understand and adjust what doesn't



Creates a dynamic process where things not working is a wanted part of the process.

ACTION 1: MAPPING OUT THE CHALLENGE

- Goal: Identify specifically where and why the blockage happens. Identify the mismatch between expectations and capacity.
 - Autonomy is key. If the client doesn't own the goal, their capabilities to tackle the problem will be lower. Knowing why you do something, helps find energy for how you get there.
 - Example: "I'm tired all day". Mapping revealed zero evening relaxation. Solution started with evening rest, not morning discipline.
- ! Work at the point of Performance. Do this in the actual context of the problem! Much more info here, including inspiration for solutions.

ACTION 2: CO-CREATE THE SOLUTION

- Ask questions and learn to understand, before offering your own ideas. Challenge the client! And validate their experience and process of searching for answers.
- Externalise executive function as much as possible. Take the thinking and doing out of the brain and put it into the environment. Teamwork between context adaptations and personalising strategies.

Examples:

- Use visual cues (don't hide the fruit)
Body doubling (coregulation of emotions, creates supportive atmosphere)
Break it down (clean bathroom -> wipe mirror)

APPLYING UNIVERSAL DESIGN PRINCIPLES

Adapt the environment so the brain needs to work as little as possible



Make it have as little steps as possible
(eg. pre-cut vegetables, simple recipes, keep supplies as point of use)



Make it perceptible
(eg. visual labels, clear “drop” zone for keys)



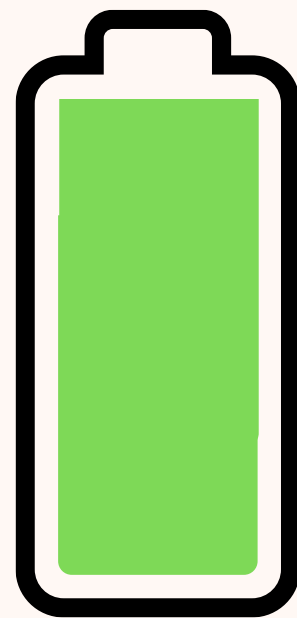
Make it cost little physical energy
(eg. multiple drink bottles, trash can for every room)



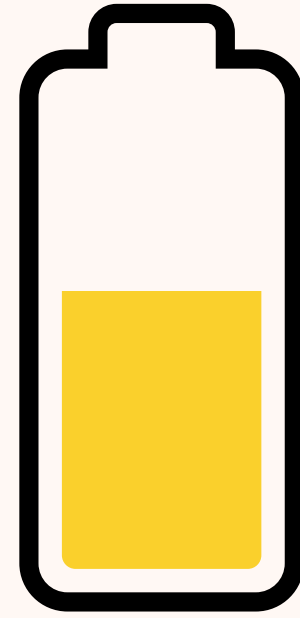
Define spaces clearly (eg. dedicated quiet zone or hobby corner)

REALITY CHECK: THE MYTH OF CONSISTENCY

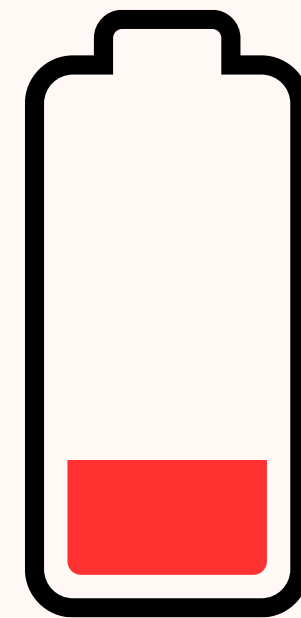
- Principle of a dynamic (dis)ability: functioning fluctuates in line with energy, pain, stress, mental and sensory load.
- A strategy that only works on a green battery day is insufficient. We must design for red battery days as well.



Green battery
on Monday

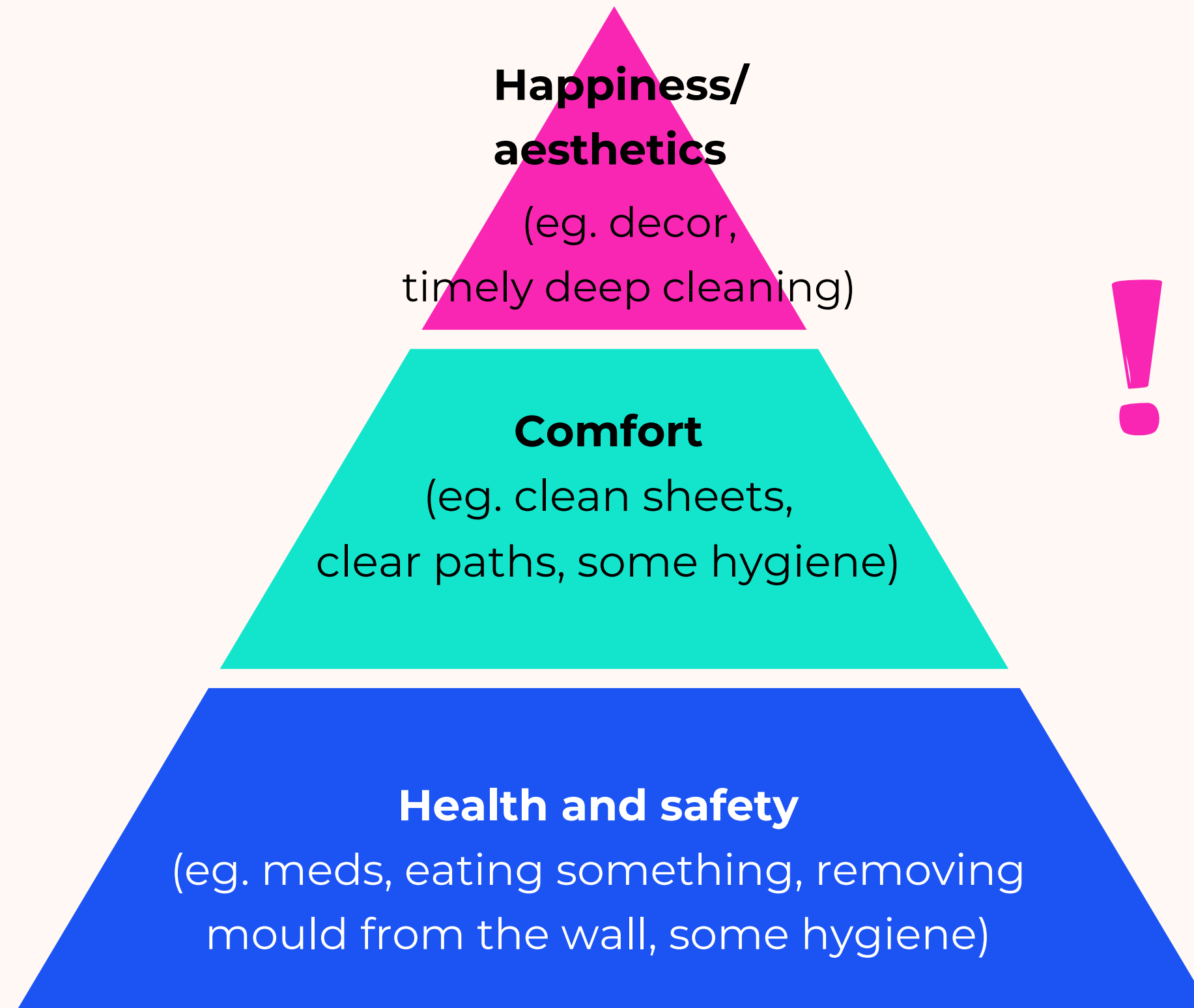


Yellow
on
Wednesday



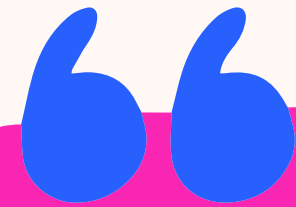
Red
on
Thursday

PRIORITIES ON A LOW BATTERY DAY



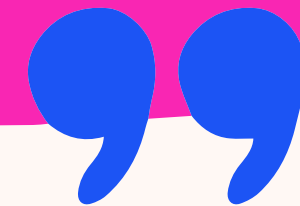
On bad days,
drop to the bottom tier
with zero guilt

PRIORITIES ON A LOW BATTERY DAY



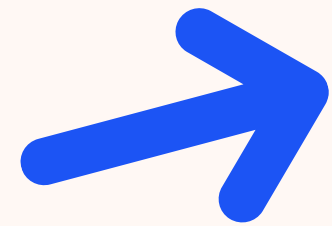
You don't exist to serve your house;
your house exists to serve you.

KC Davis

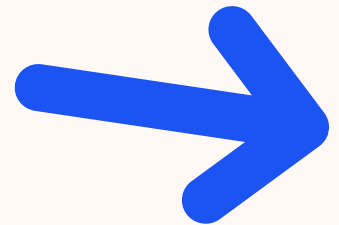


ACTIONS 3 AND 4: EXPERIMENTATION & FEEDBACK

Adapt the environment so the brain needs to work as little as possible

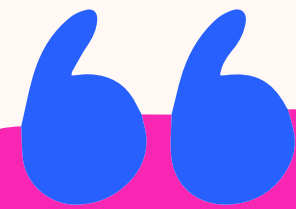


Did it work?
Good news! Keep it.



Did it fail?
Good news! We have new data.

ACTIONS 3 AND 4: EXPERIMENTATION & FEEDBACK



I have not failed. I've just found
10,000 ways that [the lightbulb]
will not work.

Thomas Edison



WHEN EMOTIONS BLOCK EXECUTION

Sometimes the strategy is not organising the room, but regulating the emotion.

The grief pauze

Context: client overwhelmed by the late husband's belongings

Next step: stopped organising. Referred to grief therapy.

Client returned to FLOW later with more room for organising

WHEN EMOTIONS BLOCK EXECUTION

Rejection Sensitive Dysphoria

Context: client arrives late, expects anger/rejection

Next step: Professional stays calm, reacts with empathy and offers water.

Psychological safety helped lower stress and masking, leaving more energy to work constructively on the organisation challenges

FAILING UPWARDS: WHEN SIMPLE STRATEGIES DON'T WORK

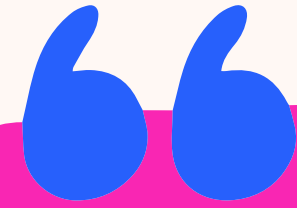
Deeper diagnostics for complex cases

- ✓ Check for trauma triggers, emotional clutter and burnout
- ✓ Check for stimuli overload (external eg sensory, internal eg overthinking)
- ✓ Check for ownership of the goal (“Is this what you want?”)

THE GOAL: A SUSTAINABLY HAPPY LIFE

- Model mildness, the fact that they are doing their best and that self care is important.
- Be the external regulator, by modelling you teach them how to internalise or incorporate it into their own context
- Celebrate ‘failing upwards’
- Iterate without shame

THE GOAL: A SUSTAINABLY HAPPY LIFE

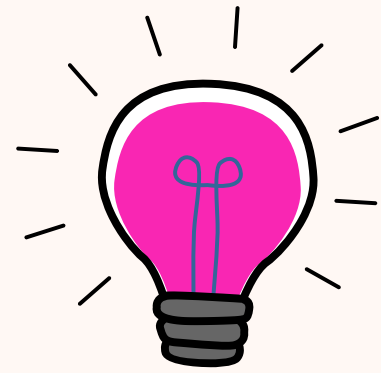


Everyone deserves a joyful life,
not just a joyful weekend

Jessica McCabe



WHAT YOU CAN TRY NEXT



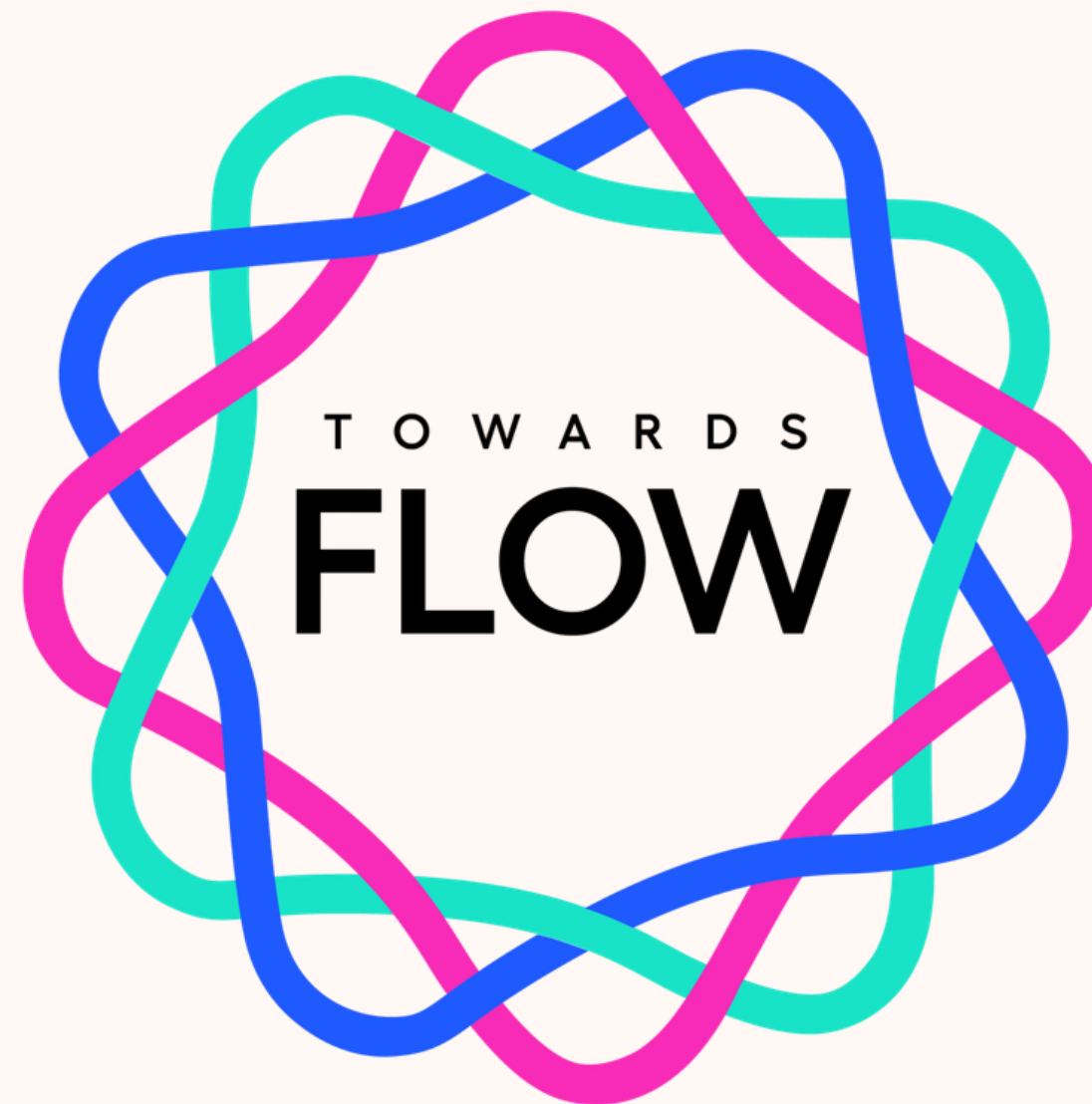
Start with “What happened?” instead of “Why didn’t you”

Take a first, small tangible step in discovering what does help

Contact Us

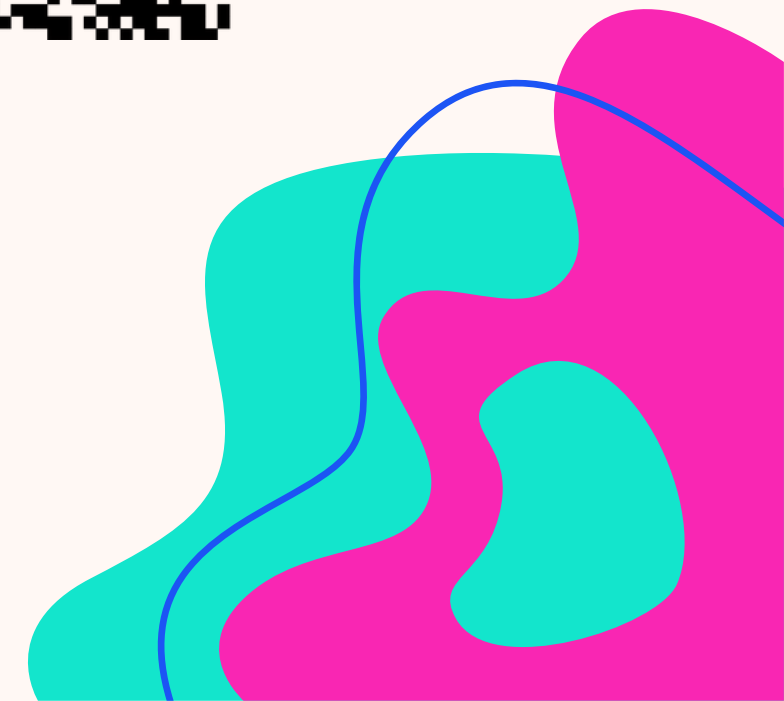
Kristien Smet

Kristien@organice.be



Dr. Aileen Doyle

aileendoyle@brainspark.be



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- Instructions for obtaining a Certificate of Attendance
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- Any additional resources mentioned in today's presentation
- A link to submit the webinar evaluation

Upcoming Webinars

Assistive Technology in the Workplace

Date/Time: April 13, 2026, 1:00pm–2:00pm ET

Benefits Basics & Work Incentives

Date/Time: April 29, 2026, 1:00pm–2:00pm ET

And so much more!

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June 16, 2026 9 am – 4 pm ET
OR
June 17, 2026 12 pm – 7 pm ET



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- **Session 2**

Learn how the Universal Design for Transition supports real-life skills and confidence in transition.

- **Session 3**

Discover strengths-based approaches that lead to meaningful transition assessments.

- **Session 4**

Prioritize work experiences and customized employment to create competitive, lasting jobs.

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**MEANINGFUL
WORK**



**COMMUNITY
INCLUSION**