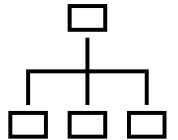


Adult Executive Dysfunction signs and symptoms

Trouble planning or breaking down tasks

You may not recognise the smaller steps you can take towards achieving your goals, as it may be difficult to visualise the finished product.



Low self-motivation

You may have difficulty motivating yourself to start a task, especially if it seems difficult or uninteresting. You may often procrastinate or forget tasks entirely if they don't have obvious external consequences or rewards.



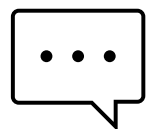
Poor working memory

Working memory is how we keep things in our head, if you have executive dysfunction you may often lose your keys or forget why you walked into a room. This can happen often when you get distracted/interrupted midway through a task, causing you to lose your train of thought.



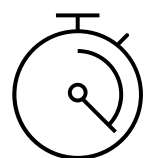
Difficulty conversing

Working memory extends to verbal concepts too. You may forget your train of thought or struggle to talk with people in real time. You may also struggle to think before you talk, often leading to blurting out the first thing that comes to mind, regardless of its consequences.



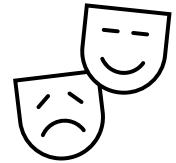
Little time awareness

Are you always running behind? When you're focused on a task does it seem like time stops altogether? You may feel like you have time blindness, and struggle to plan for future events.



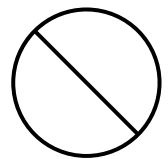
Emotional reactivity

Your emotional responses may be extreme or make it hard to reach your goals, or you might not be able to regulate your emotions, which may make it difficult to adapt to the social environment.



Lack of inhibition

This is your ability to manage your thoughts, emotions and actions. Executive dysfunction makes you want instant gratification, so its hard to say "not now" to something you want – especially when you have strong feelings. This can include your behaviour, such as keeping yourself from doing something you shouldn't, and your thoughts, such as focusing your attention on priorities and not being distracted.



Executive Dysfunction

Some examples of executive dysfunction include:

 <p>Focusing too much on just one thing.</p>	 <p>Being easily distractible.</p>	 <p>Daydreaming or "spacing out" when you shouldn't be.</p>
 <p>Struggling to switch between tasks.</p>	 <p>Problems with impulse control.</p>	 <p>Trouble starting difficult or boring tasks.</p>





Executive Function Tools and Tricks

Your Executive Functions are your cognitive thoughts that allow you to plan, remember, make decisions, focus and multi-task when you are trying to get things done. When struggling to complete a task, you can use these tricks to change your cognitive thoughts, which can help you to change your behaviour.



Say it outloud

Tell yourself what it is you need to do.



Do it now!

Ask yourself if it is important. If it is, do it now, not later.



Watch how others get started

How do they start their task? Could you try it?



Deadlines

Create or ask for deadlines and put them on a calander.



Set *multiple* reminders

You can do this on your phone or on online calanders.



Play music

This can increase your levels of dopamine and make you more productive.



Tell yourself you can do anything!

Take 15 minutes to tell yourself you can do it.



No more procrastinating

Remind yourself that procrastination makes the task even bigger than it is.



Force yourself to do 1 thing

Choose one thing for your hands or feet to do. Keep it simple to begin.



Keep a paper calander

Keep track of your tasks by externalising your commitments.



Bedtime ritual

Go to bed at a regular time everynight and follow a bedtime routine.



Ask for help prioritising

If you are struggling to know where to start, ask someone to help you prioritise your tasks.