



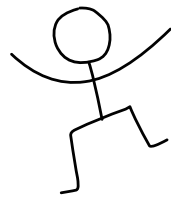
01.

Executive functioning (EF) is the brain's self-regulation system.

It is the mental processes we use to monitor and regulate our thinking, feelings, actions, and behaviour.



02.



In ADHD, EF difficulties can look like:

- Trouble getting started
- Forgetting instructions
- Interrupting others
- Losing track of time
- Being disorganised
- Difficulty changing tasks
- Losing belongings
- Feelings going "0-100"
- Rushing or impatience

03.

ADHD'ers often need more support.



Particularly when their brain is still growing and some tasks demand more than they're able to manage in the moment.

EF tasks can be even harder when...

Tired or hungry, unwell, stressed or overwhelmed.

04.

