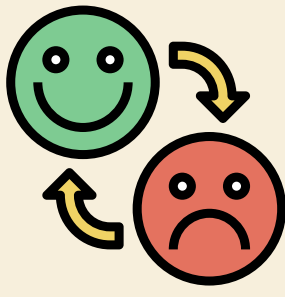
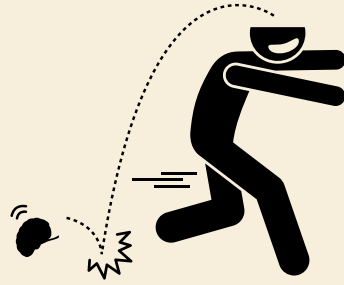


THE EXECUTIVE FUNCTIONS



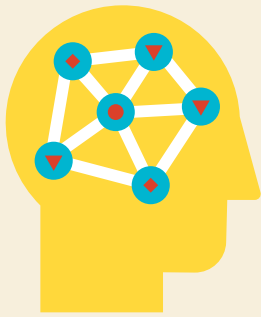
Emotional Control

This is the ability to control and modulate our own emotions; this is a useful skill as it may allow us to stay calm when we are stressed, or recover from a setback without becoming too frustrated to continue.



Impulse control

This is the ability to control our actions; this is a useful skill as it can allow us to resist temptations, behave appropriately in situations, or complete a task.



Self monitoring

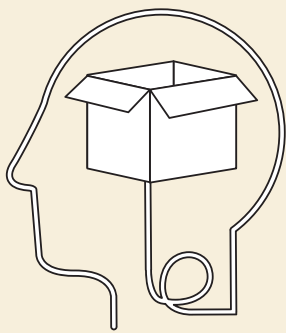
This is the ability to assess yourself; this is useful for being able to keep track of your own actions and performance, and being able to understand your own strengths and weaknesses.

Flexible thinking

This is the ability to problem solve, adapt to situations and “go with the flow”; this is a useful skill to have when plans change, or something doesn’t go as expected.



Working memory



Planning and prioritizing

This is the ability to think about things that are going to happen in the future, and decide the order in which to do things. This is a useful skill to have when completing tasks.

This skill allows us to temporarily store information in our minds; this can be useful for directing our attention, maintaining goals, making decisions, and retrieving memories.



Task initiation



Organisation

This is the ability to manage thoughts or objects in an orderly fashion; this is a useful skill as it allows possessions to be kept track of, and allows clear thought processes.

This ability allows us to begin tasks, this is a useful skill to have as it prevents procrastination and ensures that tasks get done even when we may not want to do them.

