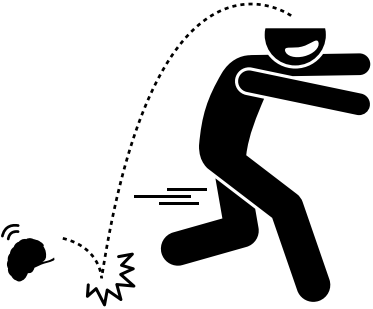


THE EXECUTIVE FUNCTION SKILLS

1 EMOTIONAL CONTROL

This allows us to control and modulate our emotions; With it we can stay calm when stressed and recover from setbacks.

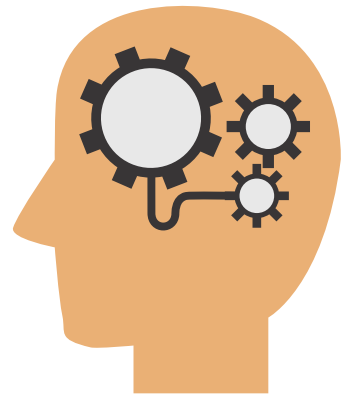


2 IMPULSE CONTROL

This allows us to control our actions. With it we can resist temptations, behave appropriately, and complete tasks without distraction.

3 WORKING MEMORY

This allows us to hold information temporary in our minds. With it we can direct our attention, maintain goals, make decisions, and retrieve memories.

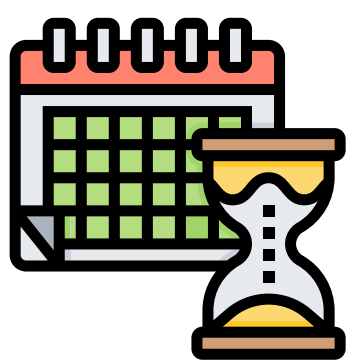
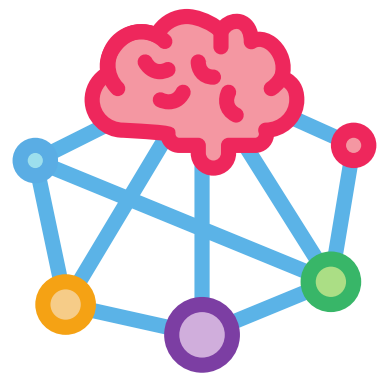


4 FLEXIBLE THINKING

This allows us to problem-solve. With it we can adapt to change and compare and apply related information.

5 SELF MONITORING

This allows us to assess ourselves. With it we can understand our own strengths and weaknesses.

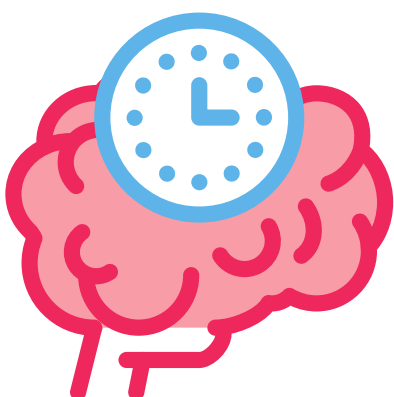


6 ORGANISATION

This allows us to manage thoughts or objects in an orderly way. With it we can keep track of things, and clearly arrange our thoughts.

7 TASK INITIATION

This allows us to begin tasks. With it we can get things done and avoid procrastination.



8 PRIORITISING

This allows us to think about what is going to happen in the future. With it we can decide the order in which to do things.

