

LEARNING IMPULSE CONTROL

Folks who have trouble with Executive Functioning tend to dive headfirst into tasks without much thought or planning. The issue is that instead of having strong brakes to slow down that speedy brain, it feels more like trying to stop a racecar with tricycle brakes! What they need is the ability to hit the brakes, take a moment to pause, and give themselves the time to think things through and plan ahead.

Let's see if our friend M.E.E.P. can show us how to do that!



INVEST IN BETTER BRAKES

- Stretch out your pauses
- Practice mindfulness
- Belly/Abdominal breathing

TURN ON THE NAVIGATION

- Brainstorm about your destination
- Write down ideas
- Organize your thoughts



SCHOOL ZONE

MONITOR YOUR SPEED

- Stay flexible
- Be willing to make adjustments
- Use your turn-signal to alert others



ENJOY THE JOURNEY

- Enjoy the process
- Share with others
- Reflect on how it's going

