

2-MINUTE TIP ON EXECUTIVE SKILLS:

EXECUTIVE SKILLS EXPLAINED

The Brain's Management System and Its Glitches

ADHD is essentially a problem of underdeveloped Executive Skills. Let's look at those. These are the mental abilities we use to plan, focus, remember instructions, and manage time. Think of them as the CEO functions of the brain. They include:

- Emotional Control – managing feelings so they don't derail you
- Inhibition – stopping impulses and resisting distractions
- Organization – keeping order and tracking materials, thoughts, deadlines
- Planning & Prioritizing – knowing what to do and in what order
- Sustained Attention – staying focused over time on priorities
- Task Initiation – getting started without procrastination or delay, persistence
- Time Management – using time wisely and realistically, keeping a calendar
- Working Memory – holding info in your head short term so you can work with it

When Executive Skills Break Down

- These struggles aren't laziness—they're real neurological bottlenecks.
- ADHD – core skills like inhibition, working memory, completing tasks, freedom from distractibility, organization, and time management lag behind.
- Anxiety – avoidance behavior interferes with planning, initiation, and flexibility.
- Depression - low energy & motivation impair initiation, persistence, & self-regulation.

How We Compensate & Strengthen Executive Skills

- External Supports: planners, timers, whiteboards, visual checklists—these act as “scaffolding” for weak areas.
- Break tasks into small, visible steps—“start” is often the hardest part.
- Build routines that reduce the demand on memory and impulse control.
- Therapy focusing on executive skills, coaching, executive function training, and some medications that help with attention and freedom from distractibility and emotional states help the brain manage better over time.
- Executive skills can't be fixed overnight—but with insight and support, they can be scaffolded and strengthened.

#ExecutiveSkills, #ADHD #TherapyNearMe #EmotionRegulation

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