

# MENTAL INFLEXIBILITY



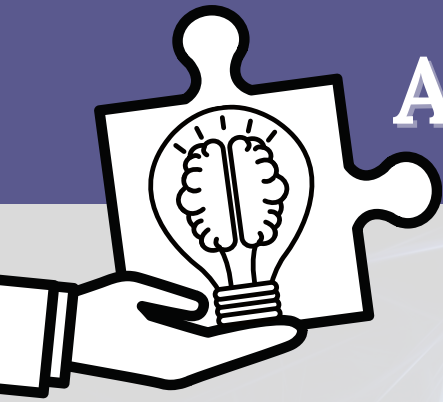
Mental inflexibility is the inability to respond to changes, such as thinking about multiple ideas at once or switching between thoughts.

## LOOK FOR:



- Has difficulty thinking/reacting in the moment
- Challenges adjusting to new or unexpected tasks/activities
- Challenges understanding another's perspective
- May be argumentative, uncooperative, or stubborn





# ACCOMMODATIONS

- When planning, leave extra time before due dates and set reminders (*phone, calendar, note pads*)
- Write out the steps to tasks and cross steps off as you complete them
- Write down pros and cons (*consider short- and long-term consequences for actions*)
- Try new things, like making a new friend, tasting a new food, changing your routine, or learning a new dance
- Make time to exercise



**EMBRACE**

**CHANGE!**



CITATIONS

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