

MENTAL INFLEXIBILITY



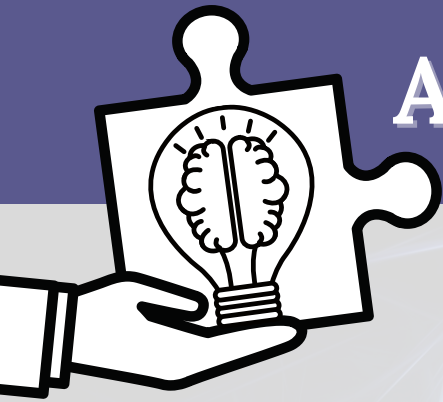
Mental inflexibility is the inability to respond to changes, such as thinking about multiple ideas at once or switching between thoughts.

LOOK FOR:



- Has difficulty thinking/reacting in the moment
- Challenges adjusting to new or unexpected tasks/activities
- Challenges understanding another person'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 of a task 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



CITATIONS

The development of this project was supported through funding from the Iowa Department of Health and Human Services' (Iowa HHS) Brain Injury Services Program (BISP). The contents are the sole responsibility of the authors and do not necessarily represent the official views of Iowa HHS.

Updated May 2023

Public Health
IOWA HHS