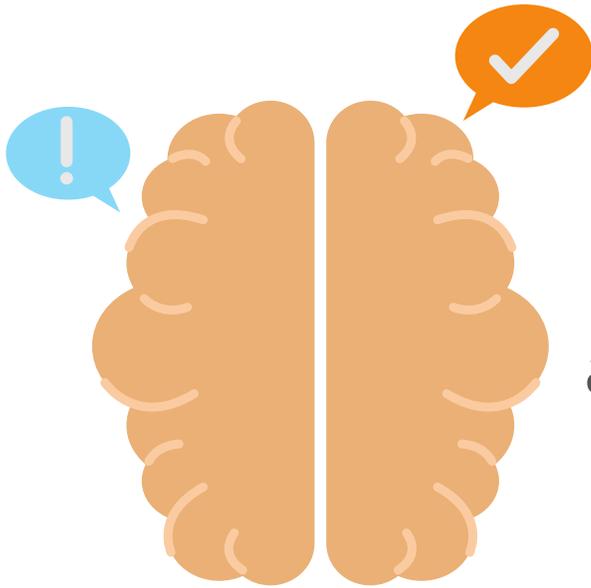


MENTAL INFLEXIBILITY

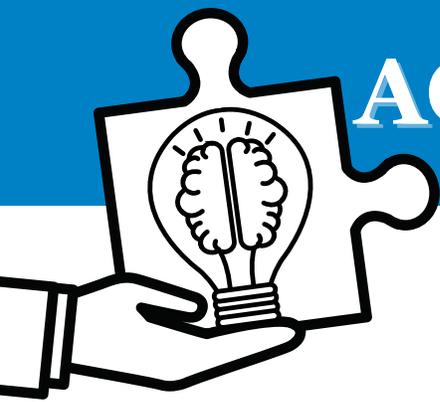


Mental inflexibility is the inability to respond to changes, such as thinking about multiple ideas at once or switching between thoughts.

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 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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