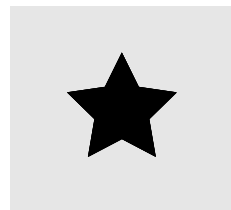


Executive Dysfunction & Housework

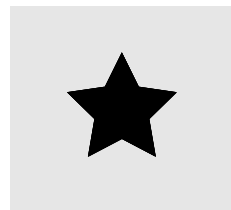
Presented by The Neurocuriosity Club

Hi! I'm Megan!

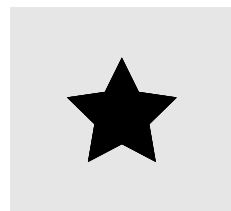
auDHD life coach for the
neurocurious



Autistic



ADHD- Combined type



Aaaalllll the executive dysfunction



Our Talk Today

Topics We'll Cover



Common Cleaning Struggles
Why Your Brain Does This To
You
Junebugging
Smallest Area First Method
External Motivation
Consistency

What is executive dysfunction?

Executive dysfunction is an umbrella term for a range of struggles related to task initiation, working memory, self-regulation, and more.



Executive dysfunction makes us forget what we wanted to do, makes it feel almost painful to sit down and concentrate, makes it impossible to organize everything we have to do.

Let's talk about how to cope.

EXECUTIVE
DYSFUNCTION CAN
FEEL
INSURMOUNTABLE,
BUT THERE REALLY
ARE WAYS AROUND IT.





**It is possible for
things to get
better.**

AND I'M GONNA SHOW YOU HOW.



JUNEBUGGING

Picking one specific task to accomplish and continuously returning to it.



SMALLEST AREA FIRST METHOD

Starting with the smallest area in your house that needs cleaned.



EXTERNAL MOTIVATION

Using external motivation to stay on task.

WE'RE
GOING TO
TALK
ABOUT
THESE
THREE
METHODS:

Junebugging

PICK A VERY SPECIFIC TASK

Not "clean my room," more specific than that. Pick something like "Organize my closet."

ALLOW YOURSELF TO GET DISTRACTED

It's okay to get distracted. Just learn to pay attention to when it happens.

RETURN TO YOUR ORIGINAL SPECIFIC TASK

Gently guide yourself back to your original task, no judgment.



Why Junebugging Works

Works with your brain instead
of against it.

Don't pretend you magically won't get
distracted. Embrace the distraction as
part of the process.



Smallest Area First Method

START IN THE SMALLEST AREA

This is usually the front hallway or a half-bath.

DON'T LET YOURSELF LEAVE THE SMALL
AREA UNTIL IT'S CLEAN

Opposite of Junebugging, you're limiting distractions
and getting sh*t done.

CLEAN UNTIL IT'S DONE.

This will give you a great sense of accomplishment,
because you'll have a completely clean space in your
home.

Why the Smallest Area First Method Works

REDUCES OVERWHELM,
PREVENTS DISTRACTION,
PROVIDES SENSE OF
ACCOMPLISHMENT





External Motivation

LET'S TALK ABOUT HOW YOU CAN OUTSOURCE YOUR MOTIVATION

Motivation doesn't have to exclusively come from within. Sometimes executive dysfunction saps our willpower, but that doesn't mean we can't get anything done.





Body Doubling

Ask someone to simply exist in your presence while you try to get something done. This often helps us get things done.

Visual Timers

Time-blindness can compound executive dysfunction. Visualize your time using a visual timer, like an hourglass or the Secura visual timers on Amazon.





How to Be Consistent

CYCLE THROUGH THESE METHODS

Use variation to keep yourself consistent.

MAKE A MINDLESS SCHEDULE

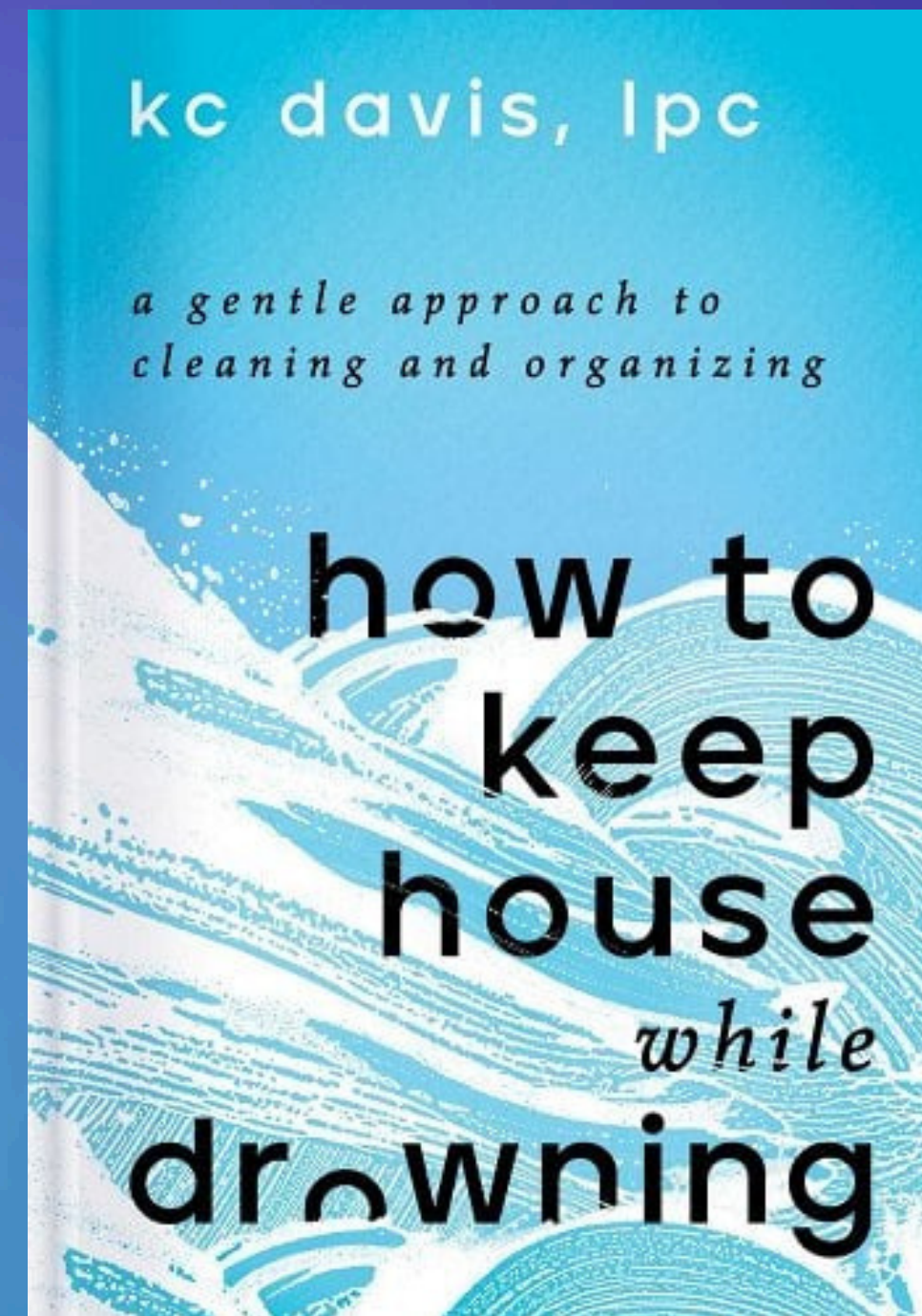
Don't wait until you HAVE to clean, make a schedule that you stick to without thinking about it.

F*CK SCHEDULING, DO IT WHEN YOU NEED TO

If schedules don't work for you, then stop shaming yourself for it, that's stopping you from doing what you need to, when you need to.

And our prize
for today is:

Let's pick a winner with
the picker wheel!



How to Keep House
While Drowning, by KC
Davis

Thank you!

I hope this training
was helpful, and I
hope you enjoy the
next one!