



Executive Dysfunction & Hygiene

Presented by The Neurocuriosity Club

Hi! I'm Megan!

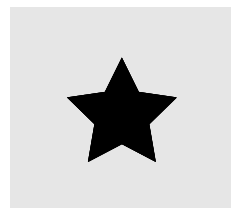
auDHD life coach for the
neurocurious



Autistic



ADHD- Combined type



Aaaaalllll the executive dysfunction



Topics We'll Cover



Our Talk Today

Common Hygiene/Self-Care
Struggles
Why Your Brain Does This To
You
Habit Stacking
Working with Your Brain
Focusing on Your Needs, Not
Others' Expectations
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.



To get the most out of this training, you've got to leave embarrassment at the door.

I get it. Adults aren't "supposed" to struggle to take care of themselves on a "basic" level. But you do. And you're still an adult. It's okay, really.



PERSONAL
HYGIENE CAN BE
HARD TO KEEP UP
WITH WHEN
YOU'RE BATTLING
YOUR BRAIN ALL
DAY



It is possible for
things to get
better.

AND I'M GONNA SHOW YOU HOW.



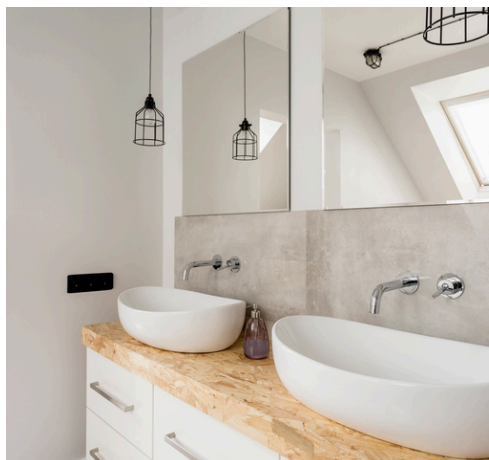
HABIT STACKING

Take a habit you already do consistently, and add something new to it.



WORKING WITH YOUR BRAIN

Accept your limitations and find ways to work with them.



FOCUSING ON YOUR NEEDS

Forget what other people expect, focus on what you actually NEED.

WE'RE
GOING TO
TALK
ABOUT
THESE
THREE
METHODS:

Habit Stacking

IDENTIFY A HABIT YOU STICK TO MOST DAYS

This can be literally anything, from your morning coffee to scrolling through your phone.

ADD ONE, SIMPLE, NEW HABIT

Pick a new habit you'd like to add to your routine, and do it at the same time as the other, established habit.

GIVE YOURSELF GRACE


You won't do the new habit every day. Instead of seeing that as failure, see it as progress. 5% better is more than 0% better.



Why Habit Stacking Works

It builds on past successes.

Past success serves as a reminder that success is in fact possible, and gives you a boost to actually do the new habit you're adding.



Working with Your Brain

IDENTIFY YOUR LIMITATIONS

Your limitations are real. Executive dysfunction is real. You can't will that away. Identify areas where you struggle.

IDENTIFY SOLUTIONS FOR THOSE LIMITATIONS

Instead of working on getting rid of your limitations, figure out ways you can work with them. What are some possible solutions?

Why Working with Your Brain Works

GIVES YOU PERMISSION TO BE
YOURSELF, INCLUDING YOUR
STRUGGLES





**# TAKE
CARE OF
YOURSELF**

**Focusing On
Your Needs**

SCREW OTHERS' EXPECTATIONS. WHAT DO YOU NEED?

Self-care looks different for everyone. Forget about having the perfect morning routine, what do you actually need in order to feel fulfilled and functional?





How to Meet Your Needs

Ask others for help in establishing a routine where you can meet your own needs. Getting started is often the hardest part.

Bare Minimum

We sometimes equate doing the bare minimum with failure, but when you're fighting your own brain all day, the bare minimum can actually be a big ask. Don't feel shame around doing a little, when it's taking a tremendous effort to do that "little" stuff.





How to Be Consistent

REPROGRAM YOUR INTERNAL VOICE AROUND HYGIENE AND SELF-CARE

No more shame. You're doing your best, so celebrate that.

TAKE A PAUSE WHEN YOU NEED TO

When you can't keep going, take a pause, don't think of it as a "break" in your streak, it's just a pause and you can restart any time.



A quip battery-powered toothbrush!

And our prize for today is:

Let's pick a winner with the picker wheel!

Thank you!

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