

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:

- 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

MENTAL INFLEXIBILITY ACCOMMODATIONS

- When planning, leave extra time before due dates and set reminders on items like phone, calendar, or note pads
- Write out the steps to tasks and cross steps off as you complete them
- Write down pros and cons, considering 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

