



Strategies and Resources: Executive Functioning Strategies

Flexibility and Change - Many autistic people can find change difficult to manage and process. Taking some time out to think logically about the situation can help. Stepping away from a situation, even briefly, is a good way to gain perspective and put a stop to catastrophising and spiralling.


Breaking down what impact the change will have may make things feel more manageable and easier to process. Talking it through with another person can also help keep things grounded and in perspective.

Self-Regulating Emotions and Mood Swings - Understanding and managing our emotions can be complicated and may be harder to do at some times rather than others. Being tired, overloaded, or hungry, may make self-regulating tougher.

Take some time to understand what your triggers are and think about any patterns around times when self-regulating has felt challenging. A mood diary or app may help in tracking your emotions and, grounding, mindfulness or breathing exercises may be useful in moments of intense emotion.

Planning and Organisation - Keeping up with admin such as paying bills, daily chores, and cleaning, and managing appointments can feel overwhelming for a lot of autistic people. Figuring out strategies that work well for you can be helpful.

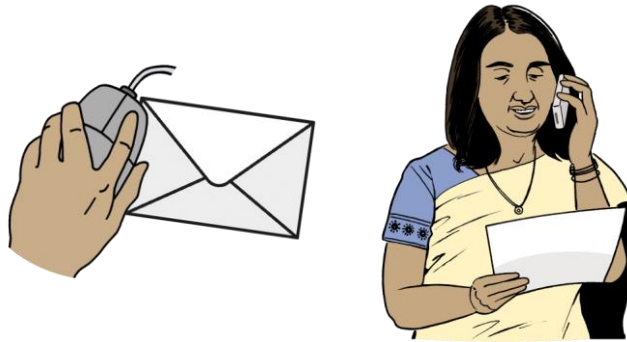
- Having a timetable or schedule of tasks. This could be in a notebook or diary, or more visual such as a whiteboard on a wall.

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- If you always have your mobile phone nearby, alarms with reminders and prompts of things to do.
 - Recognising if there are certain times of the day when you are naturally more productive and using that to your advantage- an early bird or a night owl for example.

Problem Solving - If you experience feelings of overload when faced with problems it may be useful to break them down into smaller parts rather than trying to look at an issue that feels too big. By doing this the smaller chunks are more manageable and can be tackled and put to one side.

Contact Us

This guide was produced by **Autism AIM**, part of The Advonet Group. We are a free service co-led by and run for autistic adults (aged 18+) in the Leeds, Bradford and Craven areas.



- Email us at **leedsautismaim@advonet.org.uk** for Leeds and **bradfordautismaim@advonet.org.uk** for Bradford and Craven
- Call The Advonet Group's office on **0113 244 0606** and ask for someone from the Autism AIM team
- Follow us on Facebook at **@leedsautismaim** and **@bradfordautismaim**
- Follow us on Twitter at **@leedsautismaim** and **@bradfordautismaim**

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