Executive Functions



17th May 2024

ADHD UK

Agenda

- Dopamine
- Executive functions
- Goals
- Values
- Improving Executive Functioning

Dopamine

Neurotransmitter

Executive functions

Regulating attention

Memory / learning

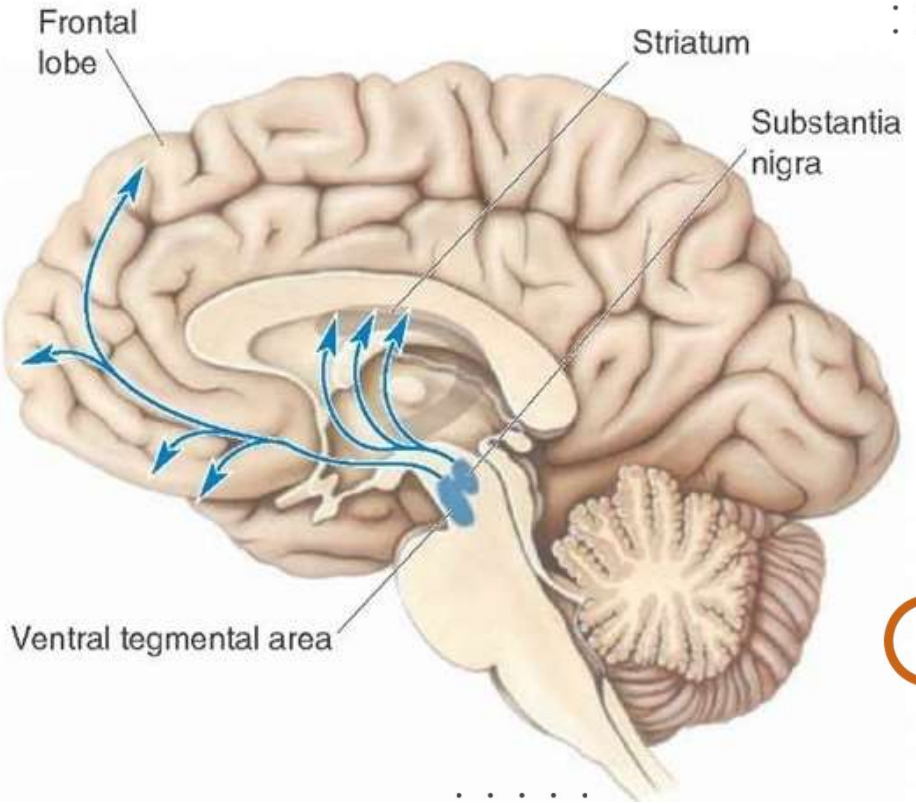
Movement

Motivation

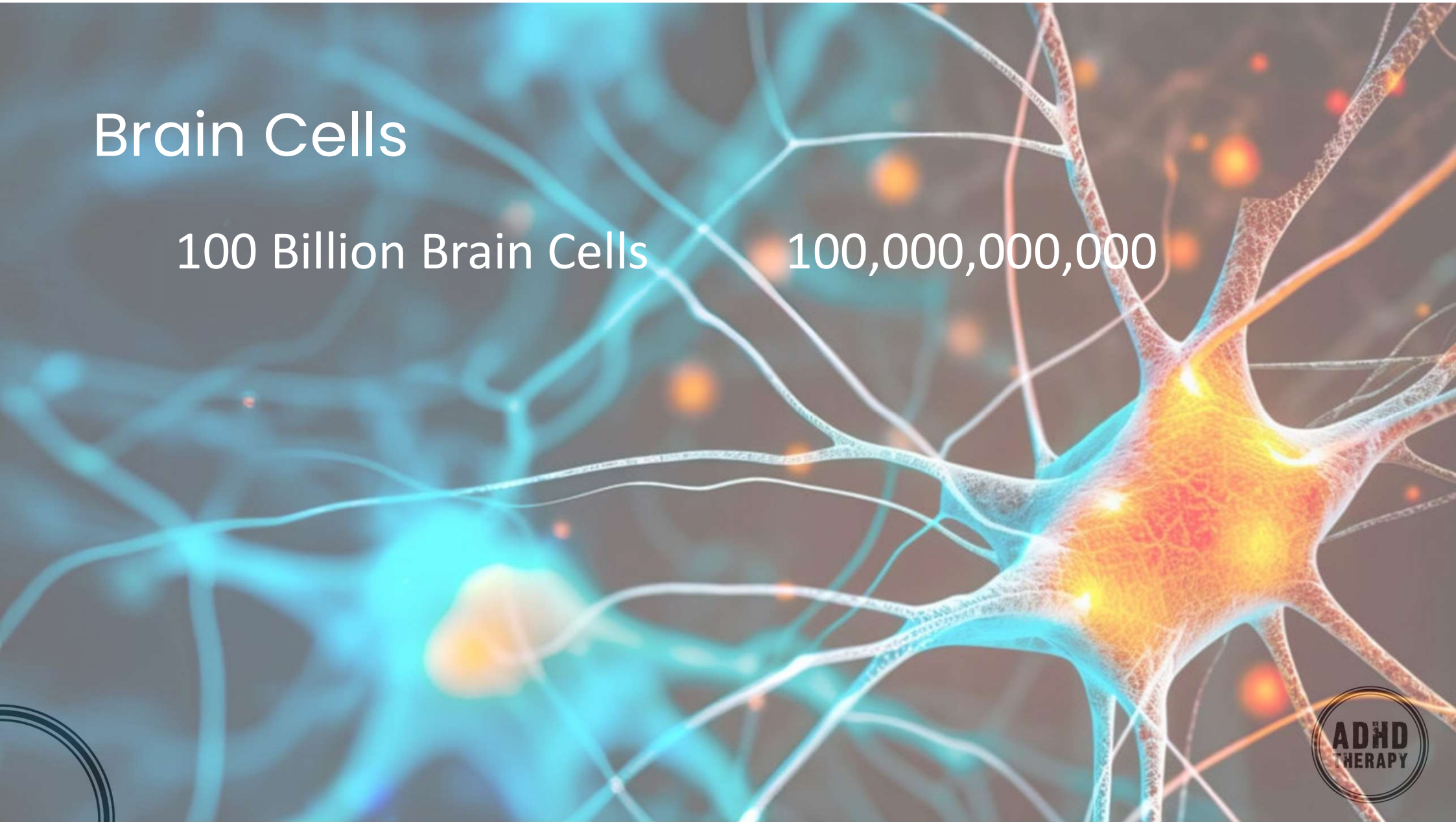
Reinforcement

Pleasure

Reward

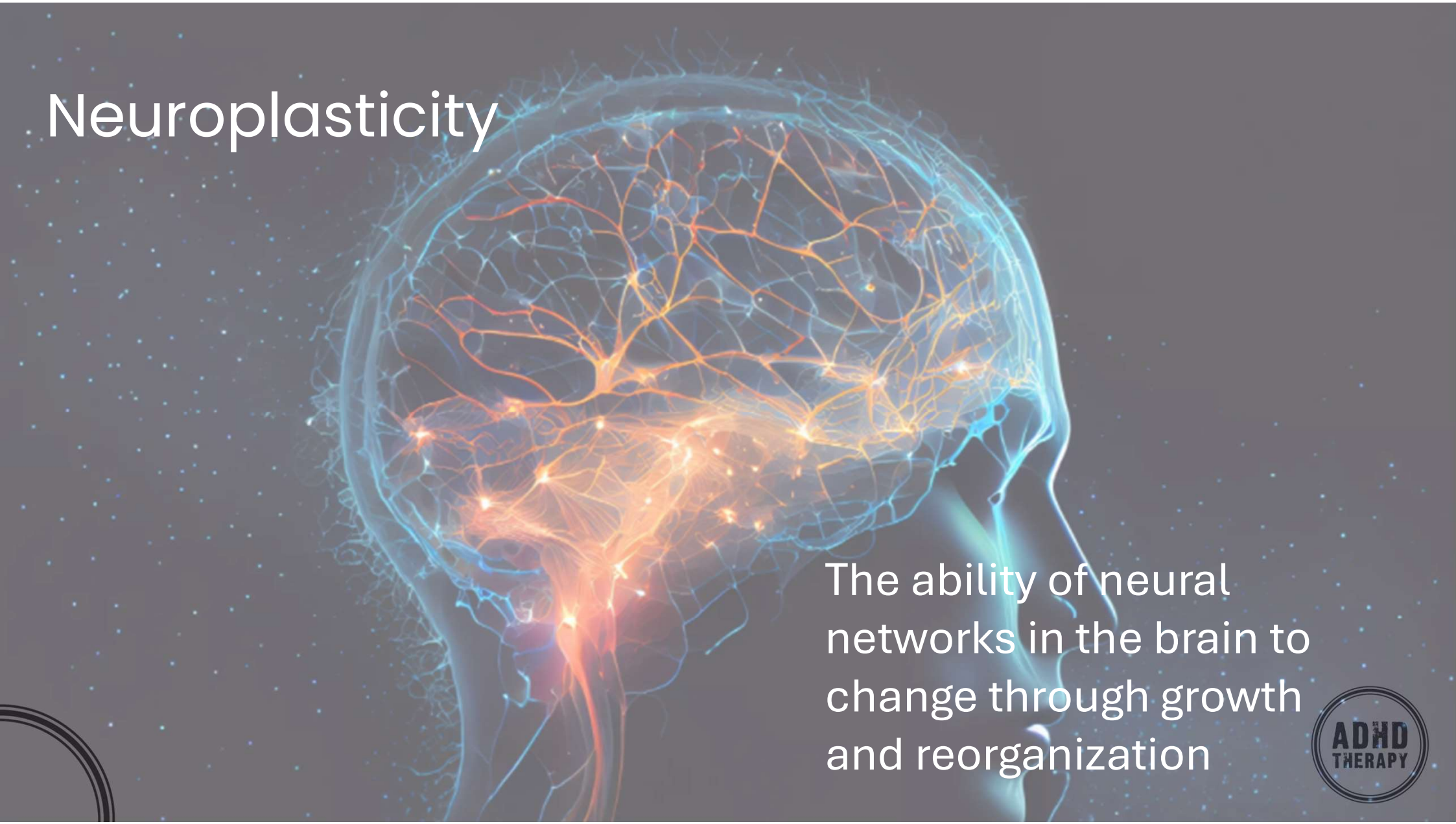


ADHD THERAPY


Brain Cells
100 Billion Brain Cells
100,000,000,000
ADHD
THERAPY


Brain Cells
100 Billion Brain Cells 100,000,000,000
100 Trillion Synapses 100,000,000,000,000
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Neuroplasticity



The ability of neural networks in the brain to change through growth and reorganization

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Executive Functions

1. A complex set of cognitive processes that work together so you can achieve your goals

2. A mental toolkit for success

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Executive Functions

1. Self-Awareness
2. Inhibition
3. Planning
4. Verbal Working Memory
5. Non-Verbal Working Memory



6. Task Initiation / Monitoring
7. Motivational Regulation
8. Time-Management
9. Problem Solving
10. Emotional Regulation

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Self-awareness

Knowing who you are, and who you aren't.

Knowing your strengths and challenges.

Understanding your thinking and thought processes.

Meta Cognition

Ability to monitor / assess / adjust your ongoing behaviour

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Inhibition

The act of stopping or slowing down a process.

‘The Brakes’ in Ed Hallowell’s analogy

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Planning

Deciding in advance what to do, how to do it, when to do it, and who should do it.

Includes Prioritising

Verbal working memory

A temporary storage system that allows you to hold information in your mind, long enough to do something with it.

The mind’s voice

Running commentary

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Non-verbal working memory

The mind’s eye

The capacity to hold information in mind, not through words but through senses.

Our ability to resense past experiences

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Task Monitoring

Keeping track of, and regularly updating the current progress in the current task

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Motivational Regulation

Motivation is an internal state that propels individuals to engage in goal-directed behaviour.

Familiar, predictable, steady.

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Time Management

The ability to use one's time effectively or productively

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Problem Solving

The process of finding solutions to difficult or complex issues

Includes

- Prioritising
- Instant Planning
- Organising

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Emotional Regulation

The ability to exert control, whether full or partial, over one's own emotional state

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Making a coffee

You make yourself a coffee and ask a friend if they would like one too.

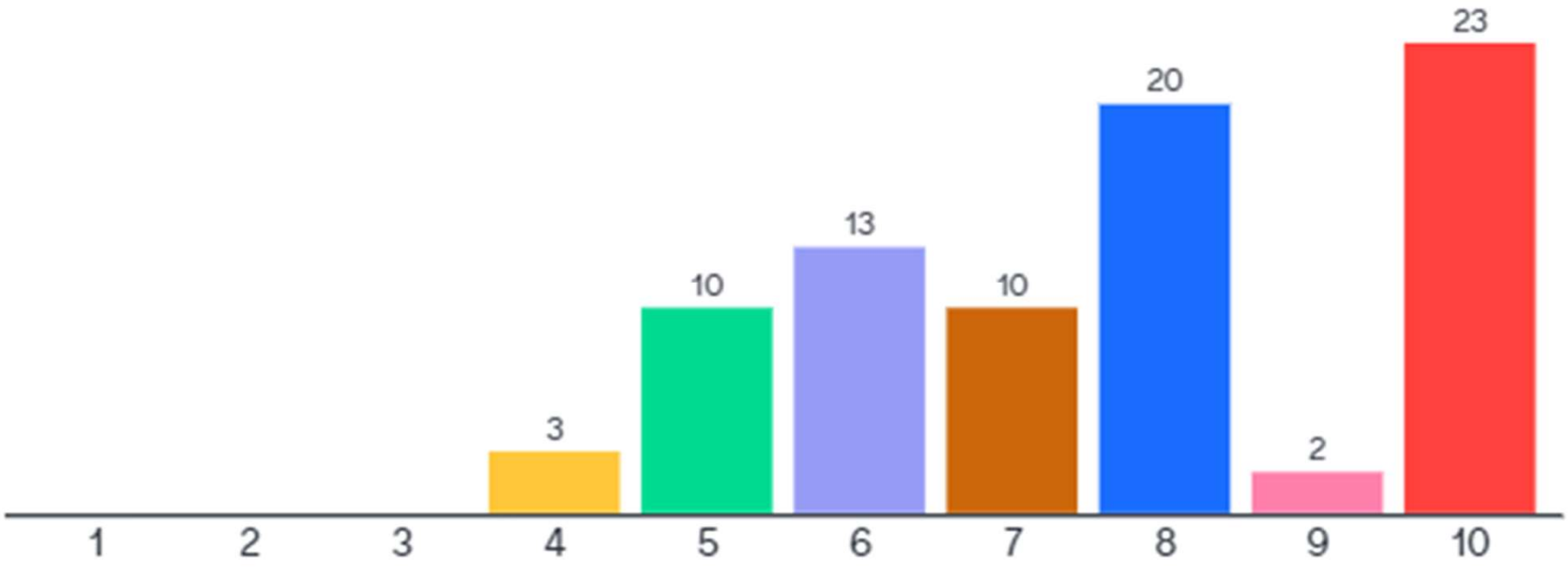
They say yes and give you their order.

Halfway through making it they change their mind and want a cup of tea instead.

Join at menti.com | use code 3733 4906

Mentimeter

Making a cup of coffee



Goal 1

Making a cup of coffee

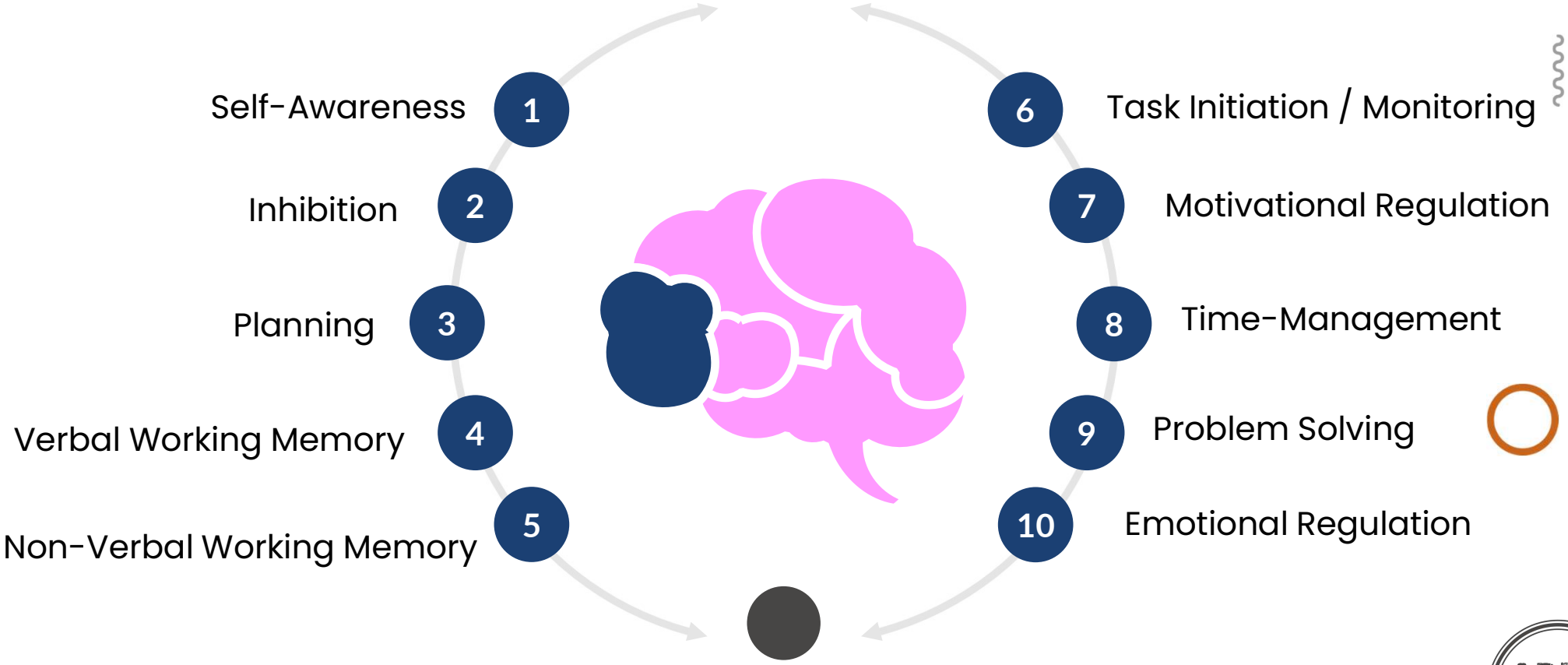


1. Self-Awareness
2. Inhibition
3. Planning
4. Verbal Working Memory
5. Non-Verbal Working Memory
6. Task Initiation / Monitoring
7. Motivational Regulation
8. Time-Management
9. Problem Solving
10. Emotional Regulation

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Goal 2

Arranging a doctor's appointment



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Goal 3

Eating healthy and exercising



1. Self-Awareness
2. Inhibition
3. Planning
4. Verbal Working Memory
5. Non-Verbal Working Memory
6. Task Initiation / Monitoring
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Goals

An idea of the future or desired result that a person or a group of people envision, plan, and commit to achieve.

The end toward which effort is directed; an aim.

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SMARTER Goals

Specific	Have clearly defined outcome
Measurable	Be able to track progress and completion
Achievable	Realistic / Possible
Relevant	Wanted or needed
Time-bound	A deadline
Evaluate	Assess how the current plan is going
Readjust	Change direction if you're off course

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Task

A mini goal

A step towards a larger goal

A piece of work

Enter the ‘WIN ERA’

ADHD Therapy Task Formula

$$T = \frac{WINERA}{D}$$

ADHD Therapy Task Formula

T	Task
W	Want
I	Importance
N	Nudge
E	Ease
R	Reward
A	Accountability
D	Distraction

ADHD Therapy Task Formula

$$T = \frac{WINERA}{D}$$

ADHD Therapy Task Formula

Want

Change your mindset

I don’t want to complete this task

I want to have completed this task

Can you make a mundane task more enjoyable?

Stick on some loud music while washing up

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ADHD Therapy Task Formula

Importance

The more important a task,
the more likely we will do it

Be aware of all of the reasons
WHY the task is important

Values
Loved ones

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ADHD Therapy Task Formula

Nudge

Use one or many tools, reminders, calendars, hi-tech/low-tech to reduce/eliminate the chance of forgetting

Lists
Post-it notes
Alexa
Calendar
Computer calendar
Watch alarms

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ADHD Therapy Task Formula

Ease

Do what you can to make the task easier to start, easier to do, and easier to finish.

- Have a place for stuff
- Keep similar/related stuff together
- Enlist help

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ADHD Therapy Task Formula

Reward

Improve your dopamine levels. Reframe your rewards.

- Allow more frequent smaller rewards
- Be proud of yourself
- Regular breaks *
- Mindful moments
- Visualise future rewards
- Diet / Exercise

ADHD Therapy Task Formula

Accountability

Be accountable.
If not to
someone else
then yourself.

- Coach
- Focusmate
- Write a 1 item list

ADHD Therapy Task Formula

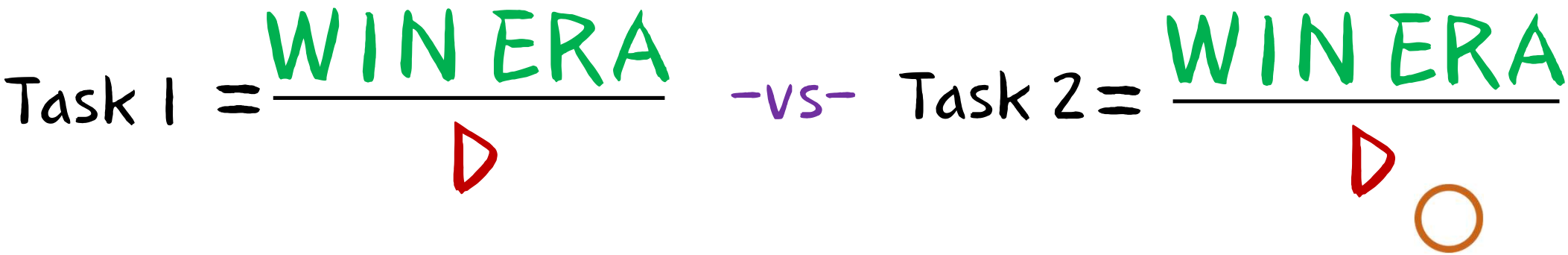
Distractions

Eliminate, or at least reduce your distractions as much as possible

This may include adding one larger distraction to drown more, smaller ones

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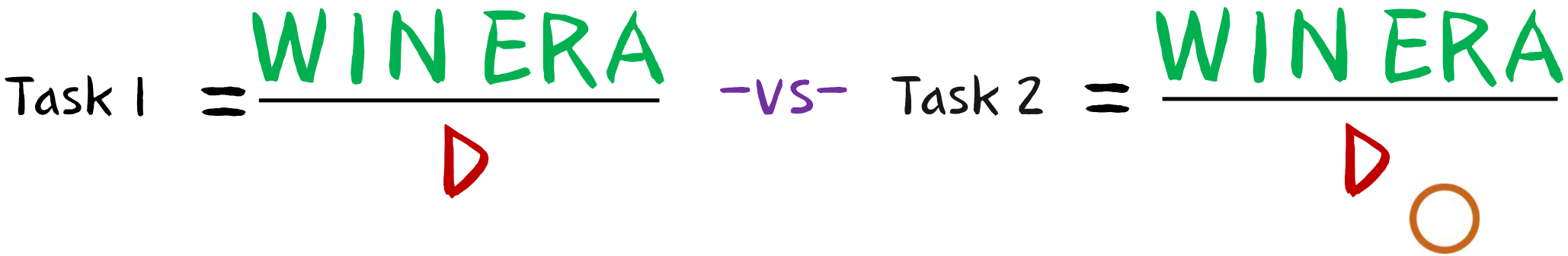
ADHD Therapy Task Formula



ADHD Therapy Task Formula

Make Doctors Appointment

Reorganise Sock Drawer



Acceptance
Accomplishment
Accountability
Accuracy
Achievement
Adaptability
Alertness
Altruism
Ambition
Amusement
Assertiveness
Attentive
Awareness
Balance
Beauty
Boldness
Bravery
Brilliance
Calm
Candour
Capable
Careful
Certainty
Challenge
Charity
Cleanliness
Clear
Clever
Comfort
Commitment
Common sense
Communication
Community
Compassion
Competence
Concentration
Confidence
Connection
Consciousness
Consistency
Contentment
Contribution
Control
Conviction
Cooperation
Courage
Courtesy
Creation
Creativity
Credibility
Curiosity
Decisive
Decisiveness
Dedication
Dependability
Determination
Development
Devotion
Dignity
Discipline
Discovery
Drive
Effectiveness
Efficiency
Empathy
Empower
Endurance
Energy
Enjoyment
Enthusiasm
Equality
Ethical
Excellence
Experience
Exploration
Expressive
Fairness
Family
Famous
Fearless
Feelings
Ferocious
Fidelity
Focus
Foresight
Fortitude
Freedom
Friendship
Fun
Generosity
Genius
Giving
Goodness
Grace
Gratitude
Greatness
Growth
Happiness
Hard work
Harmony
Health
Helpful
Honesty
Honour
Hope
Humility
Humour
Imagination
Improvement
Independence
Individuality
Innovation
Inquisitive
Insightful
Inspiring
Integrity
Intelligence
Intensity
Intuitive
Joy
Justice
Kindness
Knowledge
Lawful
Leadership
Learning
Liberty
Logic
Love
Loyalty
Mastery
Maturity
Meaning
Moderation
Motivation
Openness
Optimism
Order
Organization
Originality
Passion
Patience
Peace
Performance
Persistence
Playfulness
Poise
Potential
Power
Present
Productivity
Professionalism
Prosperity
Purpose
Quality
Realistic
Reason
Recognition
Recreation
Reflective
Respect
Responsi
Restraint
Results-oriented
Reverence
Rigor
Risk
Satisfaction
Security
Self-reliance
Selfless
Sensitivity
Serenity
Service
Sharing
Significance
Silence
Simplicity
Sincerity
Skill
Skilfulness
Smart
Solitude
Spirit
Spirituality
Spontaneous
Stability
Status
Stewardship
Strength
Structure
Success
Support
Surprise
Sustainability
Talent
Teamwork
Temperance
Thankful
Thorough
Thoughtful
Timeliness
Tolerance
Toughness
Traditional
Tranquillity
Transparency
Trust
Trustworthy
Truth
Understanding
Uniqueness
Unity
Valour
Victory
Vigour
Vision
Vitality
Wealth
Welcoming
Winning
Wisdom
Wonder

Values

Acceptance
Accomplishment
Accountability
Accuracy
Achievement
Adaptability
Alertness
Altruism
Ambition
Amusement
Assertiveness
Attentive
Awareness
Balance
Beauty
Boldness
Bravery
Brilliance
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Ethical
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Experience
Exploration
Expressive
Fairness
Family
Famous
Fearless
Feelings
Ferocious
Fidelity
Focus
Foresight
Fortitude
Inquisitive
Insightful
Inspiring
Integrity
Intelligence
Intensity
Intuitive
Joy
Justice
Kindness
Knowledge
Lawful
Leadership
Learning
Liberty
Logic
Love
Loyalty
Mastery
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Meaning
Moderation
Motivation
Openness
Optimism
Order
Organization
Originality
Passion
Patience
Security
Self-reliance
Selfless
Sensitivity
Serenity
Service
Sharing
Significance
Silence
Simplicity
Sincerity
Skill
Skilfulness
Smart
Solitude
Spirit
Spirituality
Spontaneous
Stability
Status
Stewardship
Strength
Structure
Success
Support
Surprise
Sustainability
Talent
Teamwork
Temperance

ADHD THERAPY

Clever
Comfort
Commitment
Common sense
Communication
Community
Compassion
Competence
Concentration
Confidence
Connection
Consciousness
Consistency
Contentment
Contribution
Control
Conviction
Cooperation
Courage
Courtesy
Creation
Creativity
Credibility
Curiosity
Decisive
Decisiveness
Dedication
Dependability
Determination

Focus
Foresight
Fortitude
Freedom
Friendship
Fun
Generosity
Genius
Giving
Goodness
Grace
Gratitude
Greatness
Growth
Happiness
Hard work
Harmony
Health
Helpful
Honesty
Honour
Hope
Humility
Humour
Imagination
Improvement
Independence
Individuality
Innovation

Originality
Passion
Patience
Peace
Performance
Persistence
Playfulness
Poise
Potential
Power
Present
Productivity
Professionalism
Prosperity
Purpose
Quality
Realistic
Reason
Recognition
Recreation
Reflective
Respect
Responsibility
Restraint
Results-oriented
Reverence
Rigor
Risk
Satisfaction

Talent
Teamwork
Temperance
Thankful
Thorough
Thoughtful
Timeliness
Tolerance
Toughness
Traditional
Tranquillity
Transparency
Trust
Trustworthy
Truth
Understanding
Uniqueness
Unity
Valour
Victory
Vigour
Vision
Vitality
Wealth
Welcoming
Winning
Wisdom
Wonder

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Values

Pick 8-12 values

Go through the list

80th Birthday party speech

values of someone you look up to

The WIN ERA Task Tool

T	Task Name	
W	What do you Want?	
I	Why is this task Important?	
N	What Nudges are / could be in place?	
E	How can you make the task Easier?	
R	What is your Reward?	
A	Who are you Accountable to?	
D	What Distractions can you eliminate and how?	

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The WIN ERA Task Tool

T	Task Name	Tidy up the bedroom
W	What do you Want?	A nice tidy bedroom and the feeling of accomplishment
I	Why is this task Important?	It will help me feel better, look forward to bedtime more, help me get to bed at a reasonable time and aid my sleep which in turn will help me function better tomorrow
N	What Nudges are / could be in place?	Night before - open washing machine door. Take pillow down to breakfast. Set an Alexa reminder
E	How can you make the task Easier?	Make a list. Keep cleaning stuff together. Keep vacuum cleaner charged/accessible. Stick on some enjoyable music / podcast
R	What is your Reward?	A good nights sleep, little treat. Nice lunch. Feeling of accomplishment. Mini rewards throughout. Pomodoro
A	Who are you Accountable to?	Spouse, partner, child, parent, boss, co-worker, friend, coach, therapist, online buddy
D	What Distractions can you eliminate and how?	Put phone on do not disturb, put phone downstairs. Turn off doorbell

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Some useful things to do

Be aware that you can improve everything you do.
Cut things out that do not serve you
Automate things
Share responsibilities
Be aware of your values
Use Apps / gadgets / fidgets / Noise cancelling headphones
Audio books / podcasts / music

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Increasing baseline dopamine

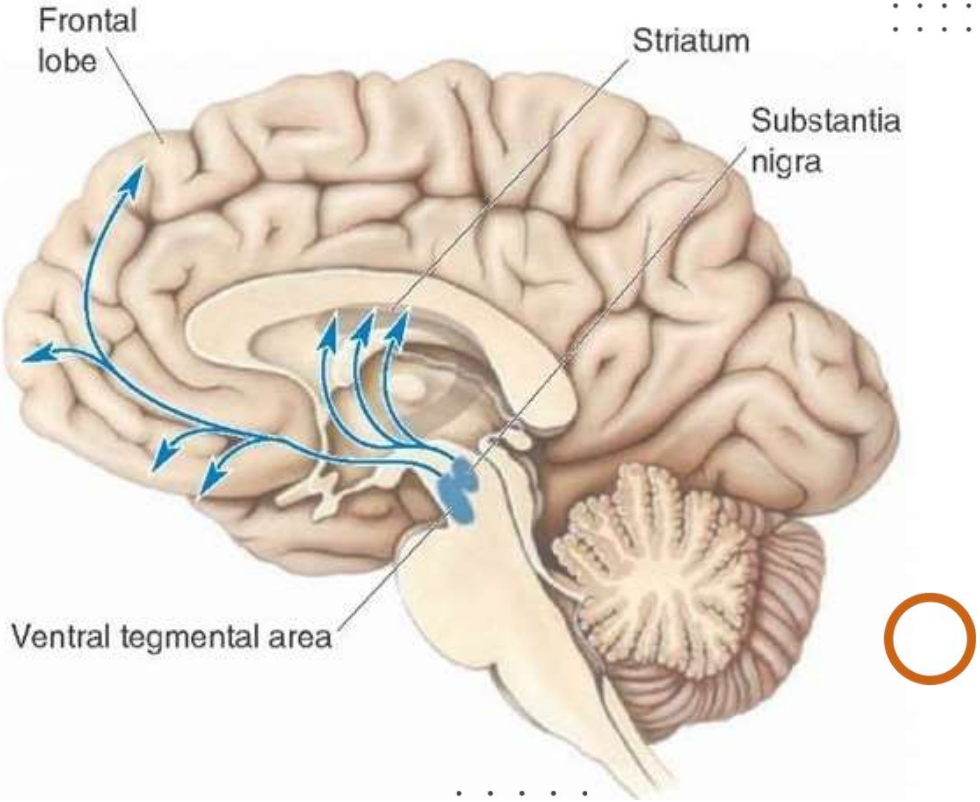
SLEEP

NSDR

Increase Tyrosine

Morning sunlight 5/10/20

Movement / Exercise



ADHD THERAPY



david@adhd-therapy.co.uk

www.adhd-therapy.co.uk or www.2343.co.uk