



WORKING MEMORY

Working Memory refers to how we hold on to and work with information that short-term memory stores

Working memory challenges can often be associated with ADD/ADHD, ASD, and experiences of trauma or distress (grief included).



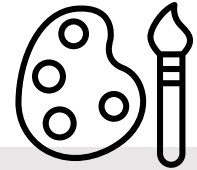
MINDFULNESS

- focus on one thing mindfully- notice the plant, its colors, its texture, the shape, scent, sensation.
- Deep belly breathing to bring the prefrontal cortex on line (this holds our resonating skills)
- Slow down- take a pause- this allows time for the information to load and become/feel more accessible.



KEEP ON TRACK

- Make a list: this will be your compass for the day, come back to this often. For example, today I need to complete 1) emails 2) homework 3) cleaning the kitchen
- Break things down into snacks! aka small chunks
- Keep a check-list by the door (do I have my keys, phone, bag, snack, papers etc.)
- Lean on routine and structure for predictability



CREATIVE

- Use songs/acronyms to make things easier to remember (this engages our right brain)
- Movement/exercise before and during learning/tasks
- Memory card games, for kids and adults! (ie: going on a picnic)
- Engage the body through play, art, bi-lateral stimulation

What working memory challenges look + feel like:

- Difficult holding information in the mind; information gets dropped, or we might miss things.
- Challenges with following instructions (as some of the information has been dropped)
- Interpersonally, it may be difficult to answer questions on the spot- the brain has to take in the question from a person, integrate it, sort through it, make sense of it, and then deliver something back (an answer, response or decision). This is a lot of work.
- Interpersonally, we might feel flustered, frozen, or go blank, while our brain is loading all of the information.