

Executive Functioning

The definition of executive function is the cognitive processes that help us regulate, control and manage our thoughts and actions. It includes planning, working memory, attention, problem solving, verbal reasoning, inhibition, cognitive flexibility, initiation of actions and monitoring of actions.

For more information the following websites have more information and links to further resources relating to executive functioning:

- <https://autismawarenesscentre.com> - PART 1
- <https://autismawarenesscentre.com> - PART 2
- <https://www.leicspart.nhs.uk/autism-space/health-and-lifestyle/autism-and-executive-functioning-skills/>

