RESIDENTIALES



Game On: Inside Our Team's Mental Playbook

EXECUTIVE FUNCTION

We work with educators, parents, and students on building youth executive function skills.

Students practice these skills:

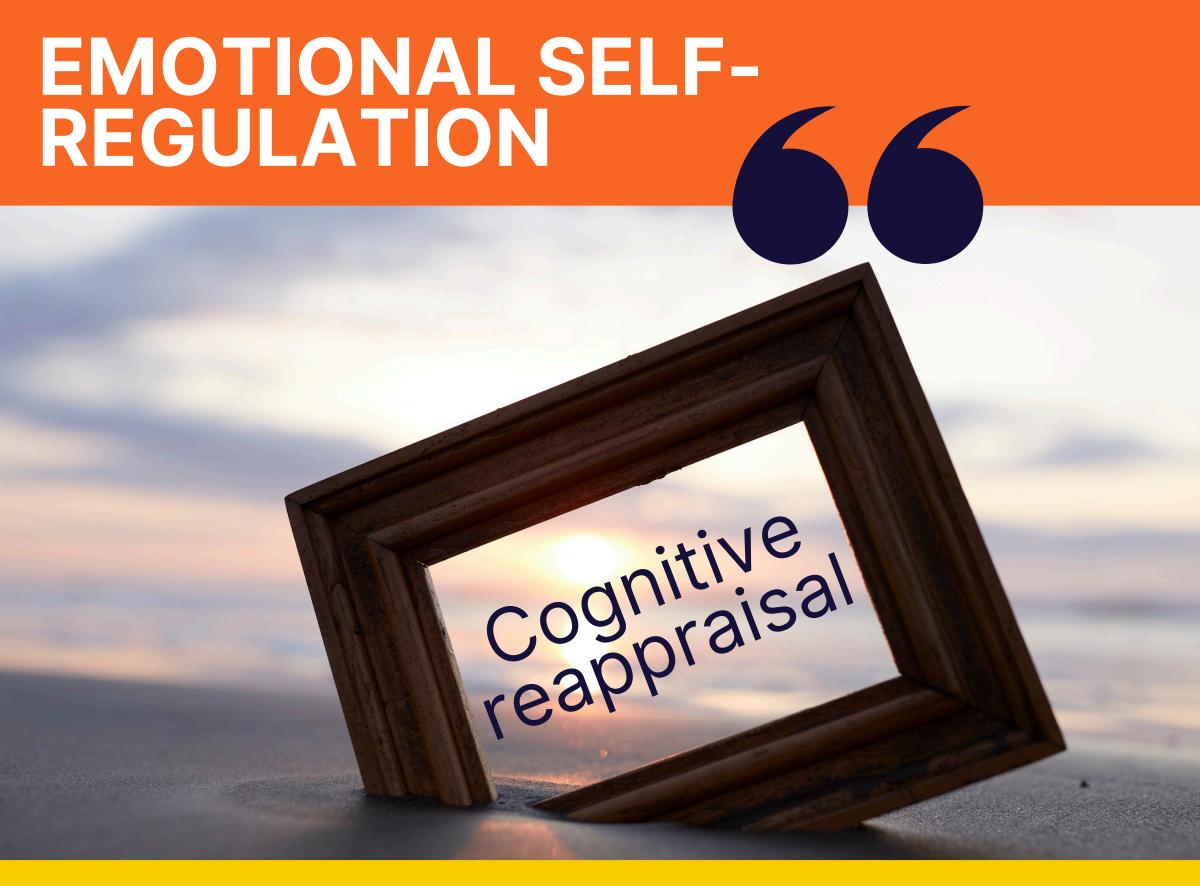
- working memory
- attention
- self-control

They help shape mental health and well-being throughout life.

We asked our team:



Which executive function skill is your biggest game changer and how do you strengthen it?



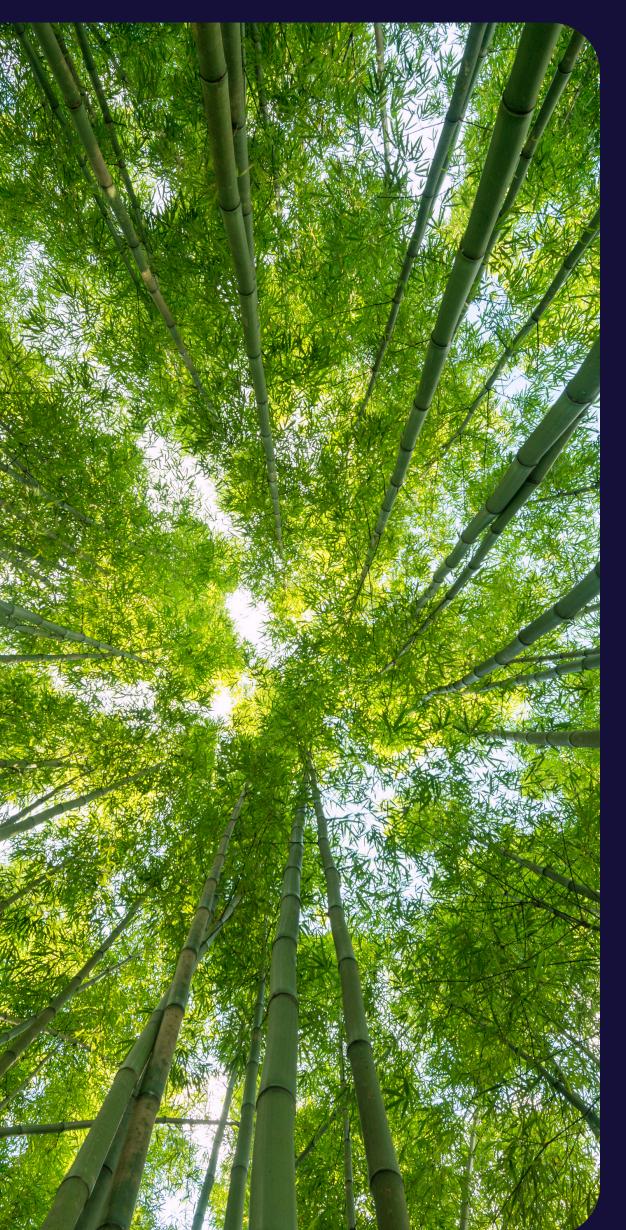
I think emotional self-regulation is one of the hardest things to tackle. I try to use cognitive reappraisal.

If something is really frustrating, I try to reframe it in my mind. So, it's a learning opportunity. I try to find the silver lining in something that's challenging to help me reappraise the situation.

Sarah Norman Executive Director



POWER OF EXERCISE & NATURE



If I don't get enough exercise, I'm depleted, and I'm more likely to have emotions that need addressing.

For me, it's exercise and nature. Those two things help me emotionally self-regulate.

Sarah NormanExecutive Director



PLANNING





I'm very organized and methodical, and I find comfort in laying out all the steps I need to complete a task. Being able to write down every step in a process, big or small, makes me feel confident that I can tackle it.

This is a skill that comes naturally to me, but I practice it multiple times a day by making schedules and lists.

Jessica Rose-Malm Youth Executive Function Project Director

RESPONSE INHIBITION



It's a skill I've had to hone to be effective as a professional and as a parent.

I've had to teach myself to pause when I feel my blood pressure rising instead of reacting immediately. Sometimes I'll take a walk to clear my head, or I might shut my eyes and breathe deeply for a few minutes.

Jessica
Rose-Malm
Youth
Executive
Function
Project
Director



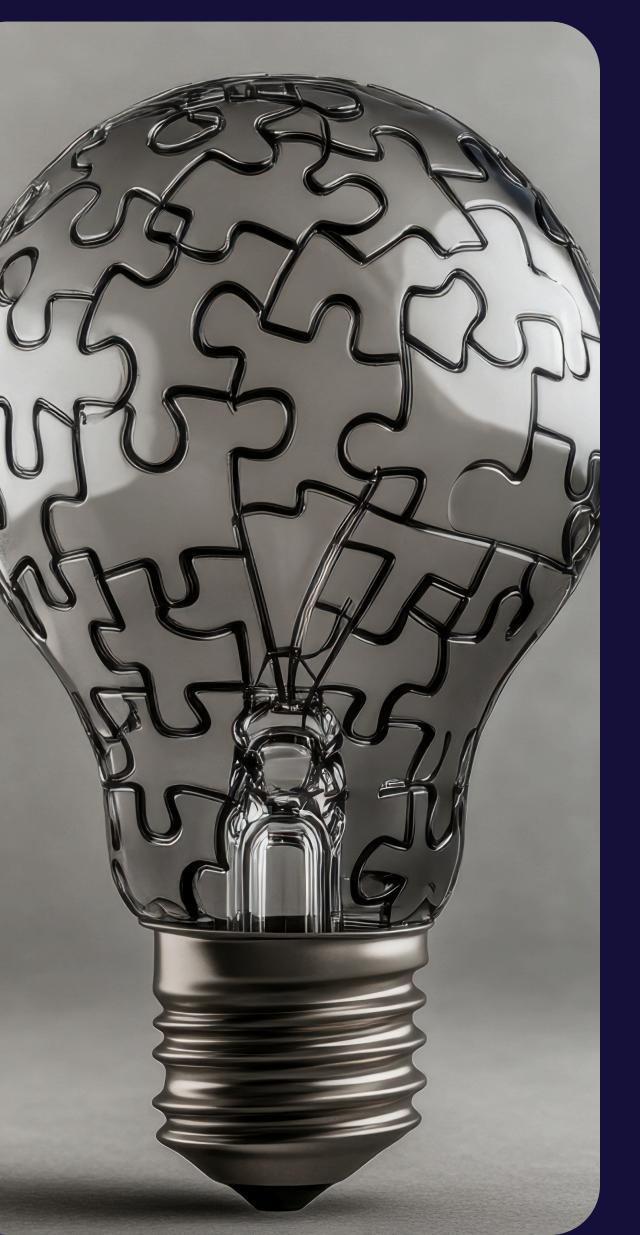


I'm a very passionate person, and sometimes I can get a little riled up too easily. I realize that exercise is the key to controlling that.

Bridget McQuillan Program Manager



WORKING MEMORY





I can get very deeply focused on my work, but sometimes I have trouble focusing after many hours of Zoom calls.

I love to take calls by phone so I can move my body around. That helps me focus on the conversation instead of the notifications on my desktop.

Jazz Glastra Senior Director

PLANNING



I would say planning is my strength. It keeps me focused and organized.



COGNITIVE FLEXIBILITY

I would want to strengthen cognitive flexibility. I can sometimes be very rigid, and I like things my way. So, being flexible with people and things that I can't control is an ongoing strength that I'm learning.

Kadena Williams Youth Executive Function Project Manager



BINFUTURES