

Harper has participated in an 8-week training in executive functioning skills. Seven out of eight sessions were attended.

They found many ideas interesting and implemented a few.

- For self-care, exercise is helpful for both focus and mood, which gave them motivation to make this more of a regular habit. This involves an exercise class once a week, and depending on the week, a run or brisk walk once or twice a week.
- Harper bought a planner and checked it regularly for the first five weeks. This stopped when their sick child was up at night and then home from school for a few days. The planner was helpful with prioritizing but hasn't been used since.
- They started spending some time in "Q2" by setting a time in the planner to meet with their spouse and discuss the week ahead, but this has only happened 3 times over the 8 weeks.
- There is a lot of stress in the home in the "morning shuffle" of getting children to school and to work on time. It feels emotionally exhausting, because her partner takes no responsibility to know the schedule, repeatedly asking who is doing pick-ups/drop offs. This is annoying, and feels overwhelming. She might lose her temper, sometimes yelling or being short and as a result often forgetting things on the way out the door.
- She feels embarrassed and dejected.

What are some ideas you have that might help Harper at this point? Start with one of the bullet points (whichever you choose), and if you have time, add ideas for the others.