



Prioritise and compromise

- Reflecting on what tasks are actually important
- Letting go of unnecessary demands
- Talking things through and finding compromise



Anxiety management

- Staying calm and avoiding escalation
- Giving more time to process and understand
- Co-regulating, using humour or distraction



Negotiation and collaboration

- Planning things together
- Building trust by keeping promises
- Working side-by-side, in partnership



Disguise and manage demands

- Offering information rather than instruction
- Using declarative language
- Communicating via message or written word



Adaptation

- Being flexible to changing plans
- Noticing when capacity is reached
- Adapting the environment