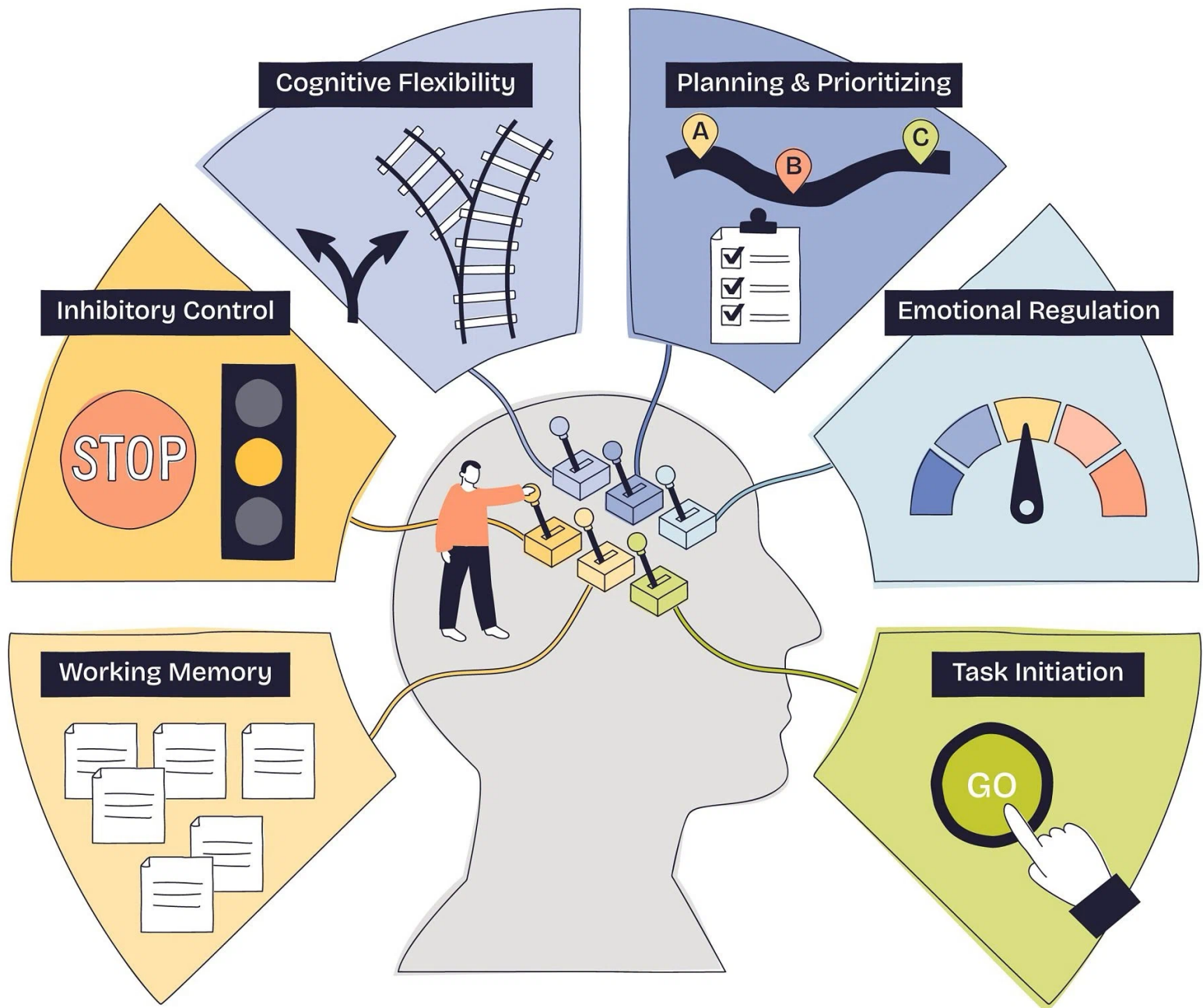


Executive Functions

The Brain's Control Tower



Chronic overwhelm, anxiety, ADHD, trauma, or underlying burnout