

MOMENTS THAT CAN INTENSIFY

WORKING-MEMORY DIFFICULTIES



THE LAST STRAW MAY BE
SMALL. THE LOAD UNDERNEATH
MAY NOT BE.

1

**Multi-step verbal
instructions**

2

**Being interrupted while
remembering**

3

**Too much information at
once**

4

No place to write it down

5

**Stress or sensory
distraction**

6

**Switching between
conversations**

NOTICE THE LOAD • PAUSE • REDUCE DEMANDS • RECOVER