Anxiety and Autism

Information taken from <u>https://www.autism.org.uk/advice-and-</u> guidance/topics/mental-health/anxiety

utism is...

When someone finds it difficult to ort out information their brain gets rom the world around them or nside them.

his information might be:

- Noise
- Sights
- Taste
- Touch
- Smells
- Feelings inside their body
- What other people are thinking or feeling



Anxiety

eople with autism sometimes feel xtra worried. They might feel like this lot of the time.

nis might be because:

- Different people and places can increase the amount of work our brain has to do.
- They feel misunderstood or not accepted by other people.
- To 'fit in' and not be seen as different, autistic people might feel they have to hide their feelings. This can make them tired and sad.
- Of changes to routine, particularly an unexpected change.
- People with autism might find it hard to know what they are feeling and how to cope with strong feelings.



n fact...

out half of people with tism, also suffer with xiety.

at means out of every two ople with autism, one will ve anxiety.



low do I know if I am Inxious?

igns that you might be anxious nclude:

- feeling restless or worried
- a churning feeling in your stomach
- a fast, thumping or irregular heartbeat
- faster breathing
- sweating or hot flushes
- feeling sick
- problems sleeping
- panic attacks



Advice and tips

elow are some general tips and guidance from utistic people and professionals that you might ant to try.

- Keep a diary to help identify when you are anxious, and what might make it worse.
- Be aware of your energy levels after being with others, like at school, and other events/situations that you may find tiring or difficult. Relax and calm by taking time for yourself and doing things you enjoy.
- Make changes to the places you spend time, for example have calming lighting.
- Try noise-cancelling headphones to reduce noise overload.
- Use sensory tools (fidget toys, weighted blankets) and stimming (movement) to reduce anxiety levels, if that works for you.
- Try relaxation methods such as meditation, mindfulness, yoga and exercise. You might like to do art and crafts or take a walk outside.

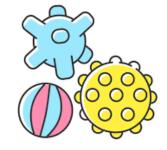
Use visual timetables to help structure the day so you know what is happening during each day.















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