


What is Autism?

 Autism is a neurodevelopmental difference that affects how a person experiences the world. Its a different way of thinking, sensing, and connecting.

What Helps

- ✓ Predictable routines
- ✓ Clear, direct communication
- ✓ Sensory-friendly environments
- ✓ Processing time
- ✓ Space for deep interests
- ✓ Respecting boundaries
- ✓ Stimming as regulation

What Doesnt Help

- ✗ Forced eye contact
- ✗ Sensory overload
- ✗ Social masking
- ✗ Unspoken rules
- ✗ Trying to 'fix' or change identity

Safe Space Visualisation

Imagine a calm place (real or imagined). Engage your senses. Remind yourself: 'I can return here whenever I need.'

Co-Regulating Breath

Inhale 4, exhale 6, slowly. Repeat for 1 to 2 minutes.

Grounding:

- 5-4-3-2-1: Name 5 things you see, 4 you can touch, 3 you hear, 2 you smell, 1 you taste.



Notes & Reflections

What helps you feel regulated?

What are your sensory triggers?

What do you wish others understood?