

8 things that can reduce anxiety

- Know the signs of your distress
- Find a safe space
- Use different communication
- Sensory strategies
 - Deep touch
 - Fidget toys
 - Sensory box
 - Whatever works
- Use technology to assist (communication, diversion or self-management)
- Try self-soothing strategies
- Cognitive therapies
- Focus on passions and interests

Anxiety in autism : Why?

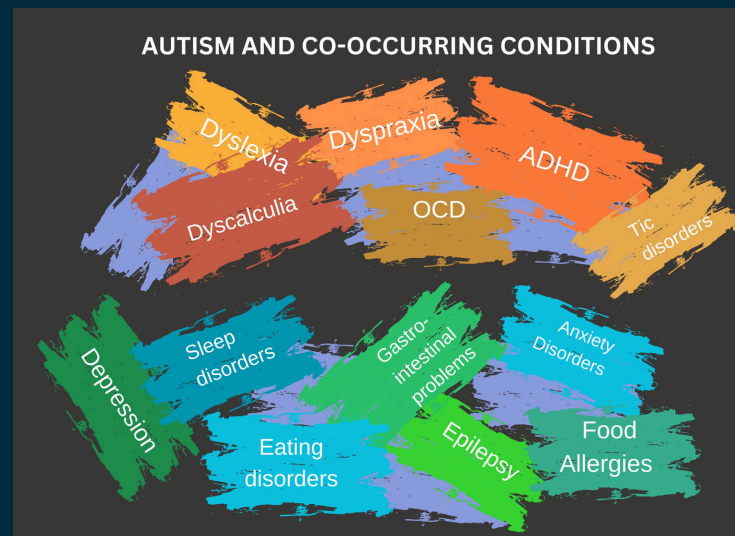
- Lack of predictability or sudden, unexpected changes in routine.
- Sensory differences. Certain environments are more stressful for some autistic people than for non-autistic people. (bright lights, strong smells or multiple sound sources).
- Communication differences between autistic people and non-autistic people can fuel social anxiety.
- The need to 'mask' autism.
- Difficulty in understanding your own emotions, (alexithymia).
- Anxiety about specific distressing situations, such as crowds.

Belonging

The need to belong is an intrinsic motivation and primal instinct of humanity. Belonging is the experience of being at home in the social, environmental, organizational, and cultural contexts of one's life.

An individual can choose to belong to some groups or identities and other belongings are a result of birth, health or history.

Who/What do you belong to?



The Importance of Belonging

- 1 Belonging boosts self-esteem
- 2 Belonging reduces stress
- 3 Belonging promotes personal growth



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