

Support and resources

Pre-diagnosis and diagnosed individuals for ASD characteristics

Autism Spectrum Disorder (ASD) information

Autism.org

What is autism?

[Click here](#)

Autism.org

Autistic fatigue

[Click here](#)

Hints and techniques

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Improve communication and relationships

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Manage anxiety and depression

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Better organise your life

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Helpful websites



Improve communication and relationships

- **Consider disclosing any difficulties** - This may help improve relationships
- **Note when you're experiencing sensory overload** - Minimise distractions
- **Look for common ground with the person you're talking to** - Establishing commonalities can lead to more relaxed and enjoyable conversations
- **Support groups for adults with autism** - Support groups can be a great way to meet people who have had similar life experiences



Manage anxiety and depression

- **Stay active** - Exercise is good for the mind and eases stress
- **Rely on close friends** - Socialising can also be good for your mood
- **Practise relaxation techniques** - You might find that techniques such as mindfulness meditation and deep breathing help you manage anxiety symptoms
- **Develop good sleep hygiene** - Lack of sleep or poor sleep quality can affect your mood, making you more anxious, unhappy and irritable



Better organise your life

- **Use a timer to stay on track** - Once the timer goes off, you know it's time to switch to another activity
- **Use a list or day planner** - If remembering appointments and other responsibilities is a challenge
- **Automate certain aspects of your life** - For example, use online banking to track spending and automatic payment options to manage your bills

Helpful websites

National Autistic Society

[Click here](#)

Tony Attwood

[Click here](#)

Thinking Autism

[Click here](#)

Disclaimer: These resources are shared to provide information and help with your reported symptoms/presentations. This does not confirm a diagnosis.