

Support and resources

Pre-diagnosis and diagnosed individuals for ASD characteristics

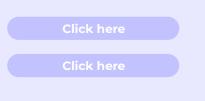
Autism Spectrum Disorder (ASD) information

Autism.org

What is autism?

Autism.org

Autistic fatigue



Hints and techniques





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



لَقُ Manage anxiety and depression الم

- 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



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



psychiatry-uk.com