

Work

- Manage your time, make a plan and create a routine that suits you
- Set boundaries - log off when you say you are going to. It's important that you have time to rest. If you have a task that you need to complete, ask yourself when this needs to be done and keep to that deadline
- Create a positive workspace
- Talk to your manager about how work is making you feel at this time, and what could help you feel more positive

Social

- Call or speak to a friend or trusted person
- Write an email to a friend or trusted person
- Join an online forum to reach out to other autistic people but be mindful of how much time you are spending online

Spiritual

- Spend some time alone doing something you enjoy
- Meditate or use mindfulness techniques

Financial

- Are you able to access money to pay for things like food or your bills? Make a budget and make sure you include all the essential things that you need
- Reach out to someone who can help you get access to benefits that you may be entitled to

Types of Self-Care

Personal

- Do activities such as colouring, gardening, running or a jigsaw to help reduce stress

Physical

- Keep a sensory diary which includes the things that help you
- Stim when you need to
- Use of deep pressure touch or massage may help reduce stress
- *Get outside for some exercise by going for a walk, run or cycle

*Please remember, if you have a temperature or a persistent cough then do not leave your home. Instead, you can exercise at home or in your garden

Space/ Environment

- Try to create a healthy living environment - organising your space how you like it will help create the feeling of a 'safe space'
 - Provide zones of use - if you're working from home, try not to do this in the same space you would relax. If this is not possible, clear things away at the end of the day to get the space ready for you to relax. This might mean lighting a candle or playing your favourite music
- If you don't feel safe in your environment get help or call/ text someone you trust**

Emotional

- Write down a positive thing that happened each day - it might help to keep a record and look back at this
- Get your news and support from a trusted source
- Ask yourself "What can I do to help myself right now?"