

AUTISM AND ANXIETY

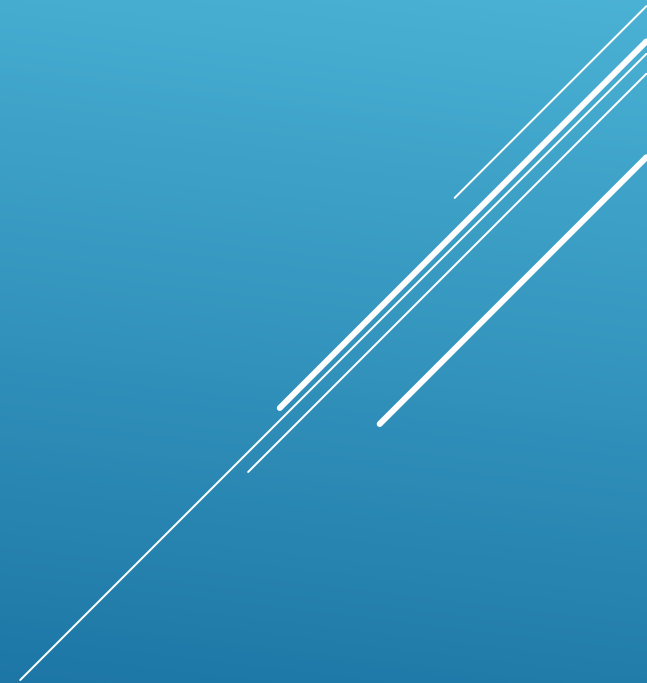
Autism from a personal perspective

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ANXIETY

- Too much imagination
- Less ability to filter threat?
- Context
- In my case. I'm only reassured by defيناتes
- As a black and white thinker, the grey areas of life induce anxiety
- Meltdowns & Shutdowns



ANXIETY cont. WHAT HELPS? FOOD FOR THOUGHT...

- Take it seriously- its real for us
- Golden duo: fact backed up with evidence
- Reduce social pressure when discussing anxiety
- Child will often wait until you are at your busiest- no coincidence- less social focus when you're busy
- Find other ways for child to communicate anxiety- art, music etc. - outlets are important
- DONT let child google their anxieties unattended
- Inject the day with predictability to balance out grey areas
- Be careful when using humour with a child who is in the midst of anxiety
- Say little but mean more- few words, maximum meaning
- Try to be clear and explicit with requests etc.
- Give time to process

SPECIAL INTERESTS & AUTISTIC JOY

