

THE MORE YOU KNOW AUTISM SERVICES

MANAGING MELTDOWNS

SIMPLE STEPS WITH A HUGE IMPACT

BREATHE

DEEP BREATH IN, DEEP BREATH OUT



Close your eyes. Focus on your breath. Breathe in for four seconds, hold it for four seconds, breathe out for four seconds. Repeat until your heart rate lowers.

SPACE

FIND A SAFE SPACE

Identify a safe place you can go to; a quiet corner, a room or outdoors. Somewhere with reduced pressure from others where we can safely express and tend to our emotions.



SENSORY INPUT

MAKE A SENSORY PROFILE



Sensory overload can be a key contributor to meltdowns, but not all sensory input is bad; some offer a calming effect. Eg: Noise cancelling headphones can help with too much auditory information, weighted blankets can help if you find comfort from touch.

AUTISM ALERT CARD

REMOVE PRESSURE IN PUBLIC

Autism alert cards can be a useful tool if you have a melt down in public. It can be used to remove the pressure to communicate with others, tell them how they can help you, and even provide details of someone they can contact on your behalf for support.



STRESS MANAGEMENT

SELF CARE



Stress and anxiety can heighten a sense of feeling overwhelmed, which in turn can lead to meltdowns. Taking time for yourself, engaging in activities that you find relaxing, talking to others about how you feel or journaling can help stress management.

POST MELTDOWN

Meltdowns can be physically, mentally & emotionally exhausting. Allow yourself time to rest & recover.

Sleeping well, implementing boundaries with others, exercising, staying hydrated & eating healthily are important forms of self care.

