

WHAT	WHAT HELPS
<p>Thinking Time</p> <p>My mind races, and I struggle to find the right words to express myself verbally and keep up with the speed of my thoughts. I may know the answer but need time to retrieve it from my memory.</p>	<ul style="list-style-type: none">• When someone tries to talk over me, I remind people not to say the answer for me. Examples:<ul style="list-style-type: none">• Oh, it's okay I got this – just give me a second...• Ask for time to process a response. This could take up to 20-30s verbally or 20-30mins written. Examples:<ul style="list-style-type: none">• Let me think about that for a second...• Let me think about that and get back to you in 20
<p>Emotions</p> <p>When emotions are high I can't find the words to express myself. I can become overwhelmed and then my negative coping strategies kick in which can be; lash out, withdraw, defensive or numb emotions.</p>	<ul style="list-style-type: none">• Say you need a minute and do one of the following – Examples:<ul style="list-style-type: none">• If someone is in your space, ask them to leave for a moment and you'll come find them. i.e. "Can you leave for a moment and I'll come find you in 5"• If you're in common space, say you will be right back. i.e. "I just need a minute I'll be right back give me 5"• I use this time to collect myself as when I'm calm, I'm a better communicator.• Counselling• Self Awareness
<p>Triggers</p> <p><u>Side Comments</u></p> <p>I have something to say but can't always get it out well or fast enough. Especially in group conversations. If I feel the other person(s) is disinterested or the conversation has gotten further away from my point, I'll just stop talking.</p> <ul style="list-style-type: none">• <u>Trigger</u> – someone makes a comment after I stop talking such as; are you done, is that it, why'd you stop – this feels like mocking, it feels rude and I feel stupid. I tend to withdraw. <p><u>Telling Me How to Do Something</u></p> <p>I can often take steps in completing tasks in a different way than others and what seems logical to me might not seem that way to a non-dyslexic person.</p> <ul style="list-style-type: none">• <u>Trigger</u> - They tell me how they think I should do it, even though I know my plan is good and I will complete all my tasks within the timeline.	<ul style="list-style-type: none">• Working on Self Awareness – know what my triggers are.• Get counselling to handle those triggers.• Tell people what those triggers are so they understand and can try to avoid or work with me where possible.• If someone questions my plan, tell them I've got it and that I will make sure it is done AND ASK "Do you need that done by a specific time?" If so, I adjust my plan.

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<p>Tired</p> <p>Dyslexic people have to work harder than others, and I often work extra hours, to overcome daily challenges.</p> <p>I get tired from having to do all this written work in school, so having conversations later in the day can be more challenging because I'm tired. I may become overwhelmed, withdraw, get irritable or lash out.</p>	<ul style="list-style-type: none">• Be self-aware.• I try not to have important or emotional conversations when I'm tired.• I let people know that I'm tired at the end of the day and it's not a good time to talk to me about topics that I find stressful such as; homework, chores, schedules.• If I lash out, withdraw or get defensive, I'm getting better at being self aware and let the other person know that I'm tired from the day and that I'll talk with them the following day. I try to give a general time so they know that I want to talk. I choose a time when I'm at my best.
<p>Self-esteem</p> <p>I don't let Dyslexia define who I am as a person. I don't use dyslexia as an excuse because there isn't anything that I can't do that other people can. I just need more time and go about things differently. This thinking is part of my positive coping strategies.</p>	<ul style="list-style-type: none">• I remind people that there is more than one way to do things and this is my way.• I remember that I have lots of strengths that other people don't.• I work with my challenges and celebrate my strengths.• I've had bad experiences where I've been left feeling embarrassed but I don't let that define who I am, I just move on knowing that I excel in other things. <p>Tip: Find what you are good at.</p>
<p>Selective Sharing</p> <p>I don't like to be labelled so I only tell people I'm dyslexic when there is something in particular that helps me by sharing that information such as; with my school to ensure necessary supports, if I'm in a situation where I need to write in a group setting or read aloud in front of others.</p>	<ul style="list-style-type: none">• When people know, I find they just accept it, and move on. They don't care.• When I choose when to share, it allows me to be in control of my disability but it doesn't define me.
<p>Good Days & Bad Days</p> <p>I have good days and bad days where my challenges present themselves more than others.</p>	<ul style="list-style-type: none">• I tell others I'm having a bad day so they can understand and give me some space so they are less frustrated by me.• I take time to be by myself and do something I may enjoy like going to the gym.