

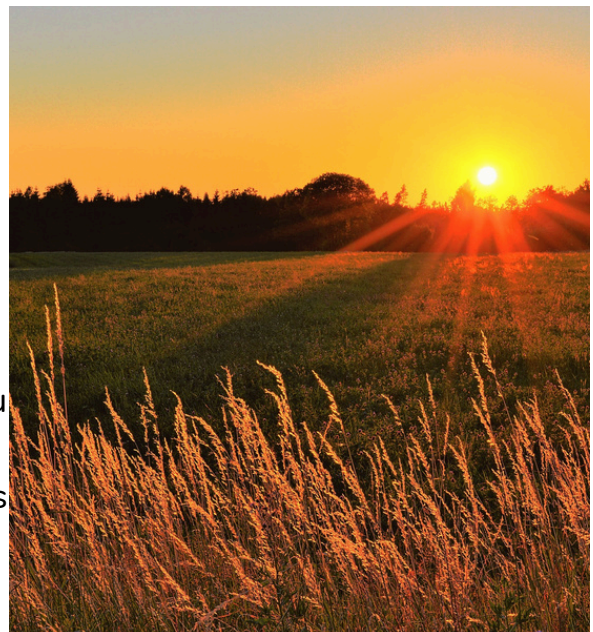


Self-Care and GROUNDING STRATEGIES

- **Body Doubling:** If focusing on tasks is hard due to stress, having a trusted person present (physically or virtually) while doing daily tasks can help your stay focused and calm.
- **Movement Breaks:** Gentle stretching, rocking, or repetitive motions (like hand flapping or squeezing a stress ball) can help your regulate emotions and energy levels.
- **Audio Stimming:** If you find certain sounds soothing, you could create a playlist of comforting or familiar sounds (like rain, ocean waves, or favorite music). Wearing noise-canceling headphones can also help manage sensory overload.
- **Visual Grounding:** Keeping visual stim toys like a lava lamp, spinning objects, or textured art can provide a calming visual anchor in moments of anxiety or overload.
- **Breathing with Objects:** Use a handheld fan or pinwheel to physically "see" your breath. Watching the fan or pinwheel spin can make breathing exercises more engaging and help your focus.

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- **Mindful Coloring:** Adult coloring books or doodling can provide a low-stress, creative outlet. This can be particularly helpful during times of high anxiety or overstimulation.
- **Digital Detox Zones:** Have designated areas in your home that are completely tech-free. This gives you a physical space to escape from digital triggers without completely disconnecting you from technology when you need it.
- **Scent Grounding:** Using soothing scents like lavender, chamomile, or peppermint (via essential oils or candles) can provide sensory relief. Smelling something comforting can bring you back to the present.
- **Weighted or Fidget Jewelry:** Wearing weighted jewellery or discreet fidget rings/bracelets can give you an option for sensory grounding even when you are out in public.
- **Vocal Stimming:** If you are comfortable, you could hum, sing or make repetitive noises that bring you comfort. Vocal stimming can be an important way for autistic individuals to self-soothe.
- **Autism-Friendly Mindfulness Apps:** Encourage the use of autism-friendly apps for mindfulness, such as "Headspace for Kids" (which has simple guided meditations) or "Breathe, Think, Do" for emotional regulation.
- **Neurodivergent Peer Support Groups:** Connecting with others who have experienced similar struggles can help you feel less isolated. Online forums or local groups may offer a safe space to share experiences and coping strategies.



Self-Care and GROUNDING STRATEGIES

- **Bubble Blowing:** Blowing bubbles can help regulate your breathing and is visually soothing at the same time. It's a playful, simple way to practice mindfulness.
- **Texture Exploration:** Carrying or using textured fabrics (velvet, corduroy, or smooth surfaces) to touch during stressful moments helps you stay present.
- **Body Scan Exercise:** A simplified body scan where you mentally focus on how each part of your body feels, starting from your toes and working upwards. This can help you reconnect with your body and decrease dissociation. (be careful with this one as it could trigger depending on your situation).

Through this broad array of options, you can choose what works best for you based on your needs at any given moment. If you try a few different techniques, you may discover the ones that resonate most with your unique sensory and emotional experiences.

Feel free to pick and choose from these options based on what you think might suit your preferences and needs the best! You can list your ideas below.
