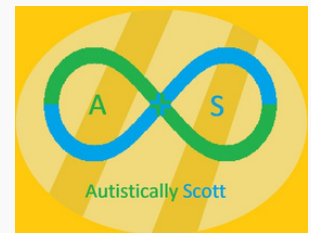


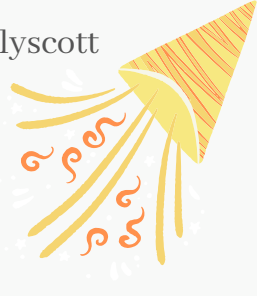
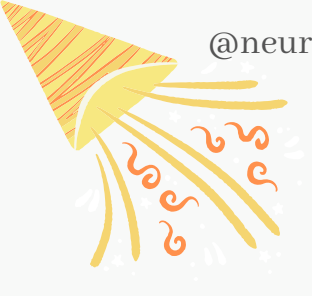


New Year

~~New you~~

Authentic you





New year Authentic you



Self-discovery



Unmasking



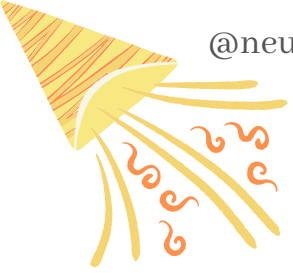
Self-Advocacy



Neurokin



Passionate interests



New year Authentic you



Rest



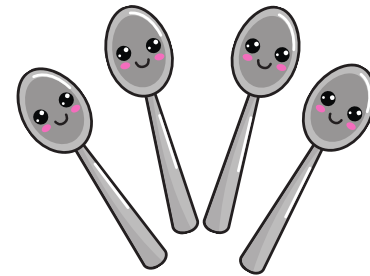
Self-care



Mindfulness



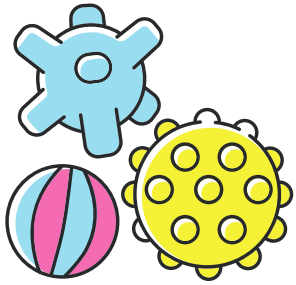
Resources



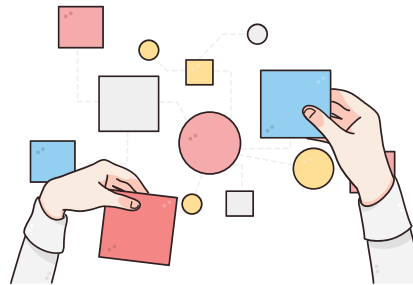
Managing energy



New year Authentic you



Sensory aids



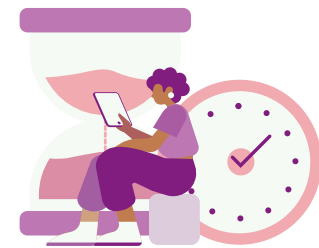
Tailored strategies



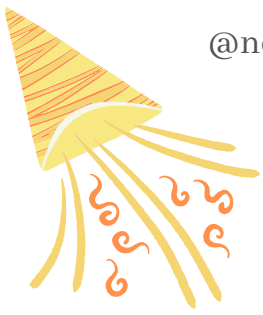
Finding glimmers



Stimming



Monotropic focus



Discovering our needs

Our Experiences

Alice: "At the beginning of my journey I thought Autism was something "I had" and I needed to "push past", this was detrimental to my mental health."

Scott: "Understanding my own needs is an ongoing process and it helps me to be kinder to myself the more I learn."

Positive autistic identity

Our Experiences

Scott: "Recognising that being Autistic is a core aspect of who I am has allowed me to accept myself more."

Alice: "Now that I see being autistic as all the great things about me, (as well as the struggles I experience living in an inaccessible society) I have noticed such a difference in my well-being and happiness."



Positive autistic identity

Research

"...having a positive Autism social identity appeared to offer a protective mechanism."

"...more autism pride predicted higher self-esteem"

Quote 1: (Cooper, K., G. E. Smith, L., & Russell, A. (2017). Social identity, self-esteem, and mental health in autism. *European Journal of Social Psychology*, 47(7), 844-854. <https://doi.org/10.1002/ejsp.2297>)

Quote 2: (Corden, K., Brewer, R. & Cage, E. (2021). Personal Identity After an Autism Diagnosis: Relationships With Self-Esteem, Mental Wellbeing, and Diagnostic Timing. *Frontiers in Psychology* 12(699335). <https://doi.org/10.3389/fpsyg.2021.699335>)

(Seen at Grove Neurodivergent Mentoring and Education)

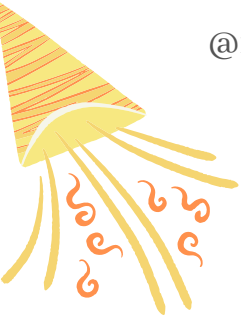


Communication & Connection

Our Experiences

Scott: "Connecting to other Autistics has been one of the greatest joys of my life. The sense of belonging through meeting neurokin is palpable."

Alice: "I never knew (being with neurokin) that I could feel so seen, learn so much and come away from interactions feeling replenished and not burnout."



Communication & Connection

Research

"I never realised everybody felt as happy as I do when I am around autistic people."

"Autistic people report feeling more comfortable with other autistic people than with non-autistic people."

Quote 1: A thematic analysis of autistic adults' relationships with autistic and neurotypical friends and family:
<https://journals.sagepub.com/doi/full/10.1177/1362361320908976>

Quote 2: "Masking Is Life": Experiences of Masking in Autistic and Nonautistic Adults: [Danielle Miller](#), BSc, [Jon Rees](#), MBBS, and [Amy Pearson](#), PhD

Masking & Unmasking

Our Experiences

Alice: "It's taken years of unmasking, but I am now leaning in to my true authentic neurodivergent self and am doing so with pride."

Scott: "Allowing myself to unmask in safe spaces has been essential for my well-being and encourages me to explore my authentic self."



Masking & Unmasking Research

*"Masking has become more difficult to continue over the years, so now I don't do it as much"
(Autistic woman, 35)."*

"Trying to camouflage autistic traits was associated with mental health challenges"

Quote 1 Autistic Masking Article - <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8992921/>

Quote 2: Looking good but feeling bad: "Camouflaging" behaviors and mental health in women with autistic traits. Jonathan S Beck et al. Autism. 2020 May.



Resources

Children & Young people



Books

Alice McSweeney

“**I am the rainbow and rainbow is me**” &
“**I am the sunshine and the sunshine is me**”- are a series of positive autistic identity children’s picture books.

Flynn Bean & Alice McSweeney

“**Violet**”- A book about autism, being non-binary, anti-gender, and the existence of autistic adults. Violet is great for older kids, teens and whimsical adults.

Amy Marschall, Psy. D & Abby Lastowski

“**Slipper the penguin**: A story about embracing neurodivergence.”

Websites



GROVE Neurodivergent Mentoring and Education (Launching soon)

GROVE is a safe **community** for neurodivergent children & young people to **connect** through shared interests & experiences.

Autism Understood (Spectrum gaming)

Autism Understood is a website about autism, for autistic young people.

Pandas Online- Neurobears

A course all about the autistic experience, for autistic young people.

Resources

Adults

Books



Cara Lee

Have I Been Autistic All Along? A Self Reflective WorkBook for Adults.

Niamh Garvey

Looking After Your Autistic Self: A Personalised Self-Care Approach to Managing Your Sensory and Emotional Well-Being

Pete Wharmby

Untypical: How the world isn't built for autistic people and what we should all do about it.

Viv Dawes

My child/teen has been identified as Autistic: A book for parents or anyone wanting to understand Autism

Helen Edgar

Embracing Monotropism and Supporting Young People To Help Prevent Autistic Burnout

Websites



Monotropic questionnaire

Monotropism is a popular theory that explains Autistic experiences. This questionnaire allows you to determine how Monotropic your thinking is. More info at the link.
<https://dlcincluded.github.io/MQ/>

(These are just some ideas, please feel free to share your unique experiences and what has worked for you)