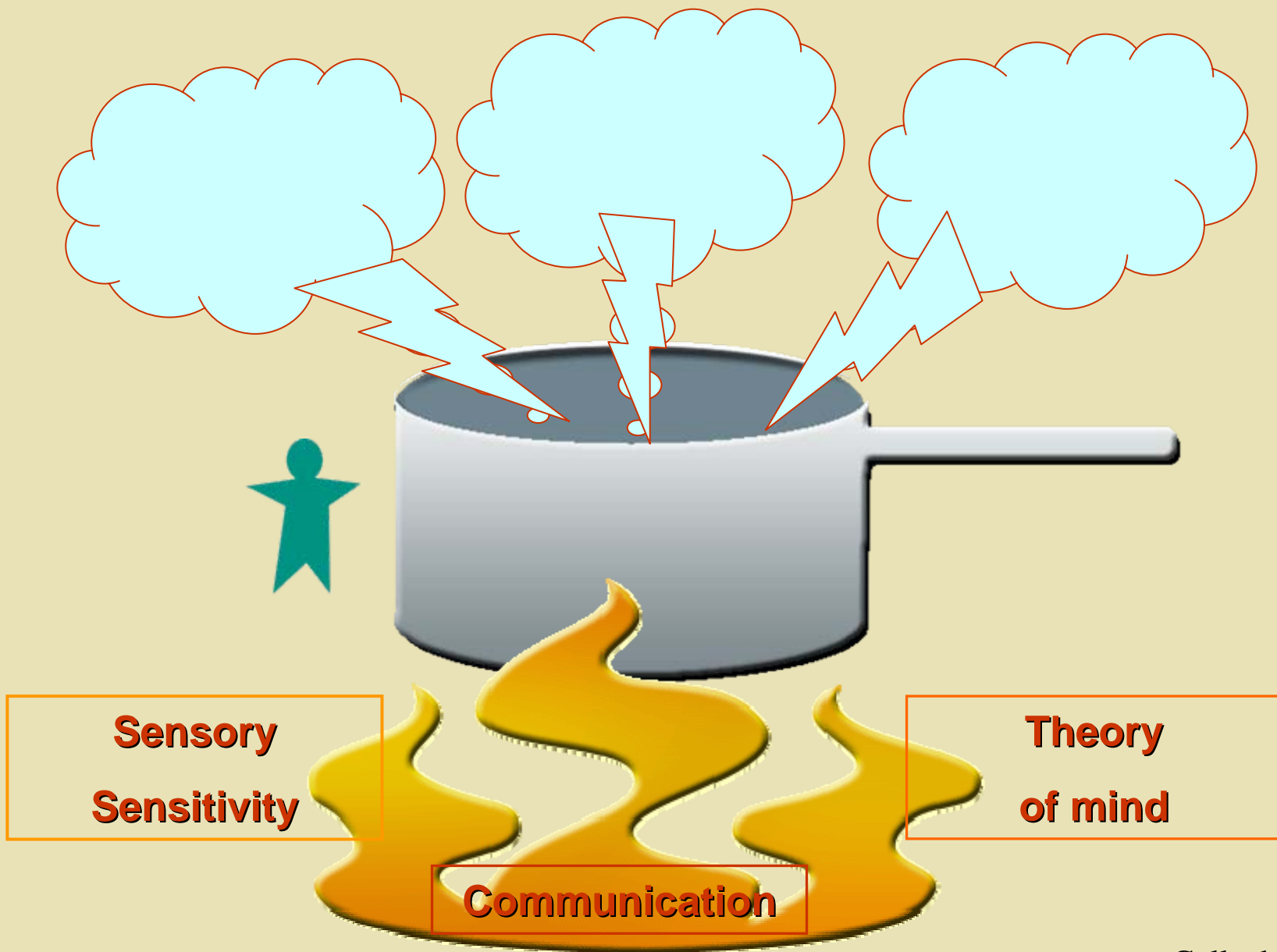


***Managing stress and anxiety
in individuals
with autistic spectrum disorders***

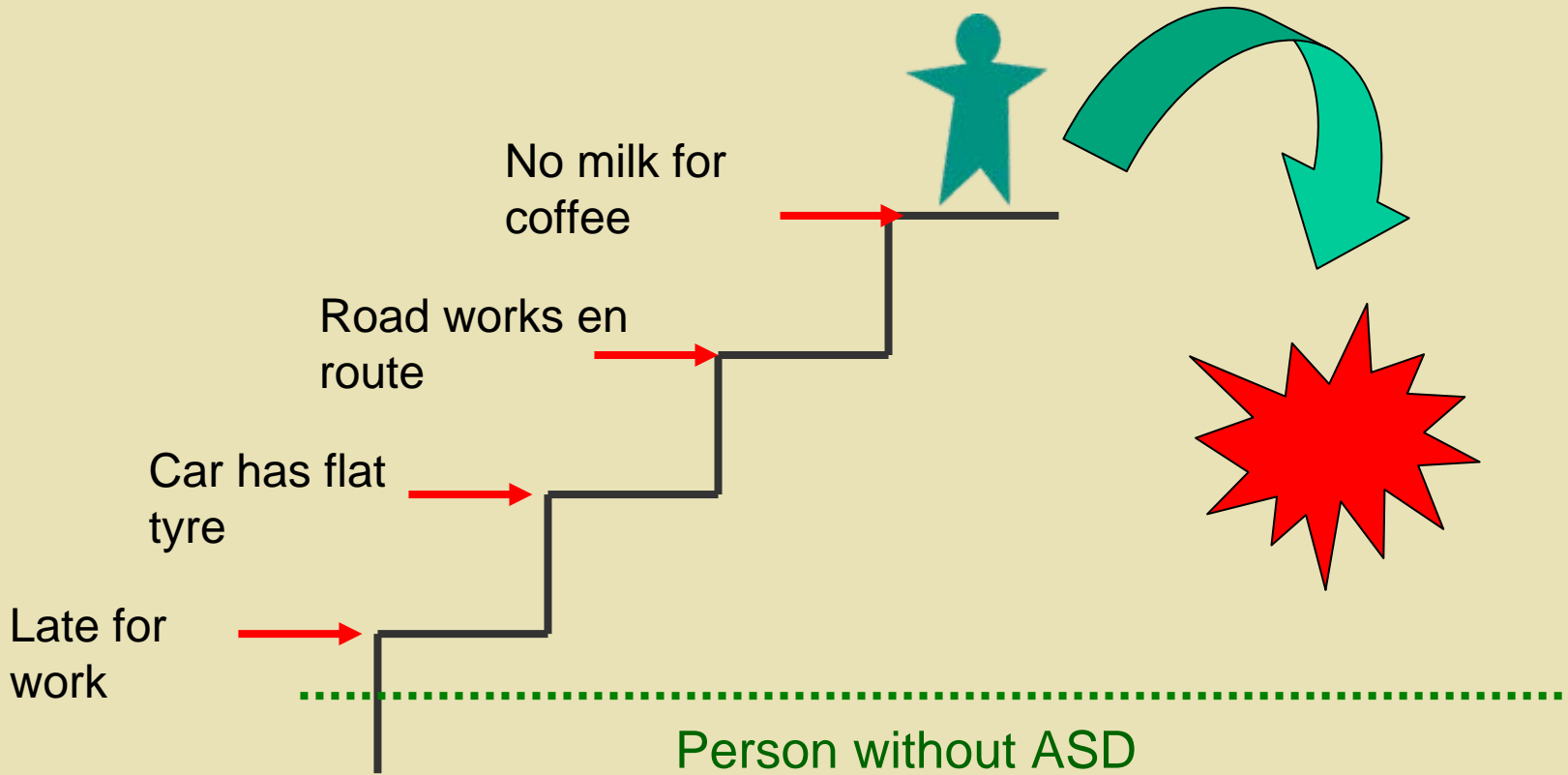


Andy Graham and June Ward

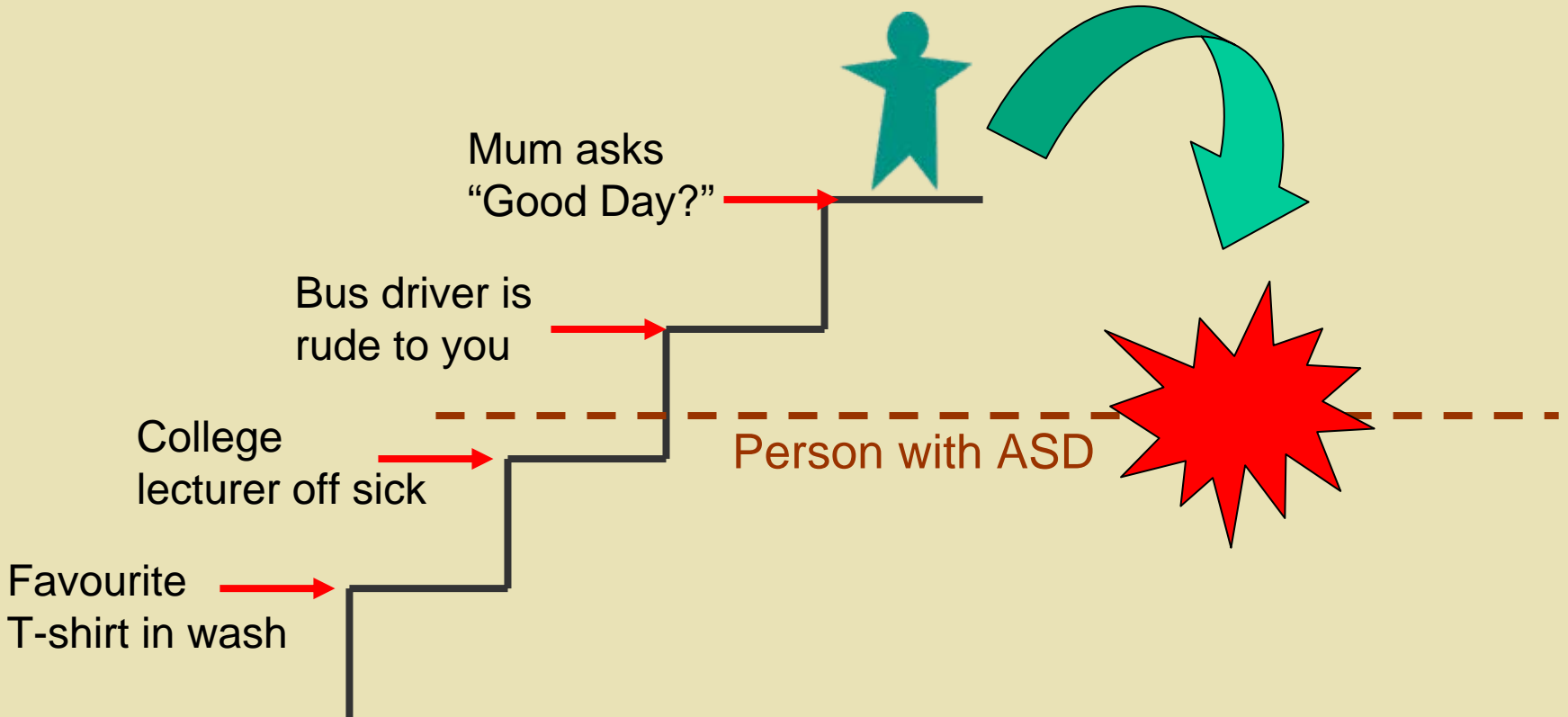


SHISS

Stress Ladder

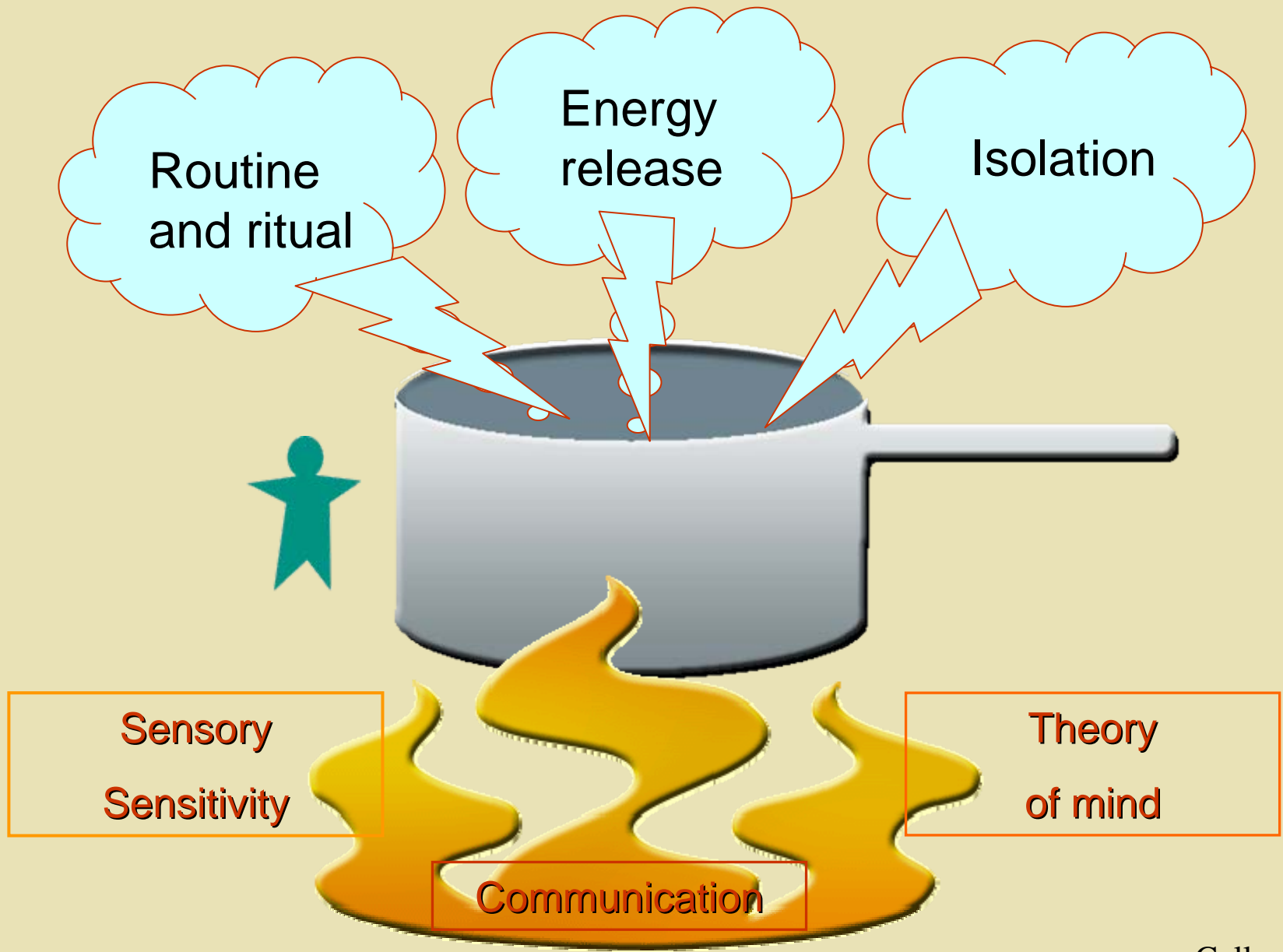


Stress Ladder



The Little Stresses in life.

- Many represent events that make us change our plans.
- Many are small and quite insignificant
- They have a cumulative effect
- Responses to the same event change dependant on the level of arousal at the time



Routine and ritual

Energy release

Isolation

Sensory Sensitivity

Theory of mind

Communication

Turn down the heat!

Make the environment predictable

Provide Structure.

Recognise stress.

Manage Change effectively.

Look at how you communicate.



Turn down the heat!

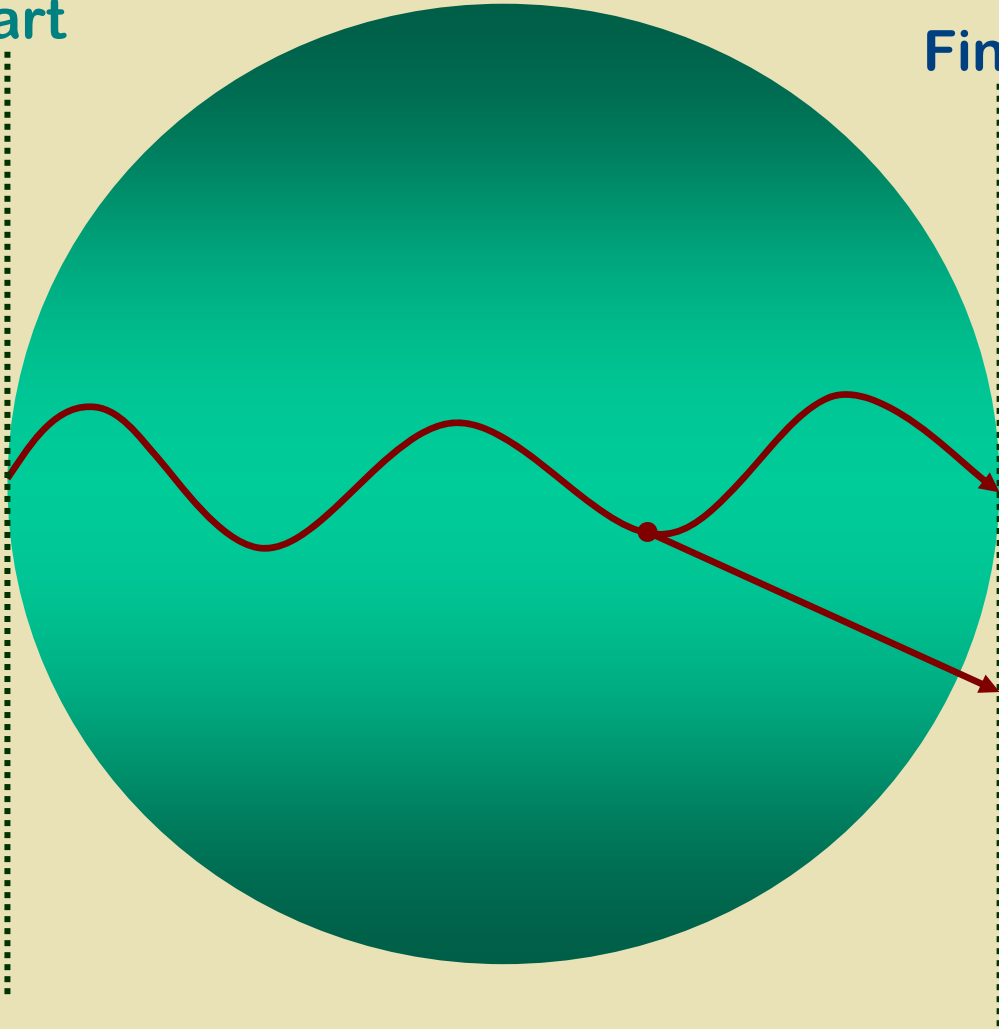
Each activity should have its own **predictabubble** with the same:

- beginning
- middle
- end

Predictabubbles

Start

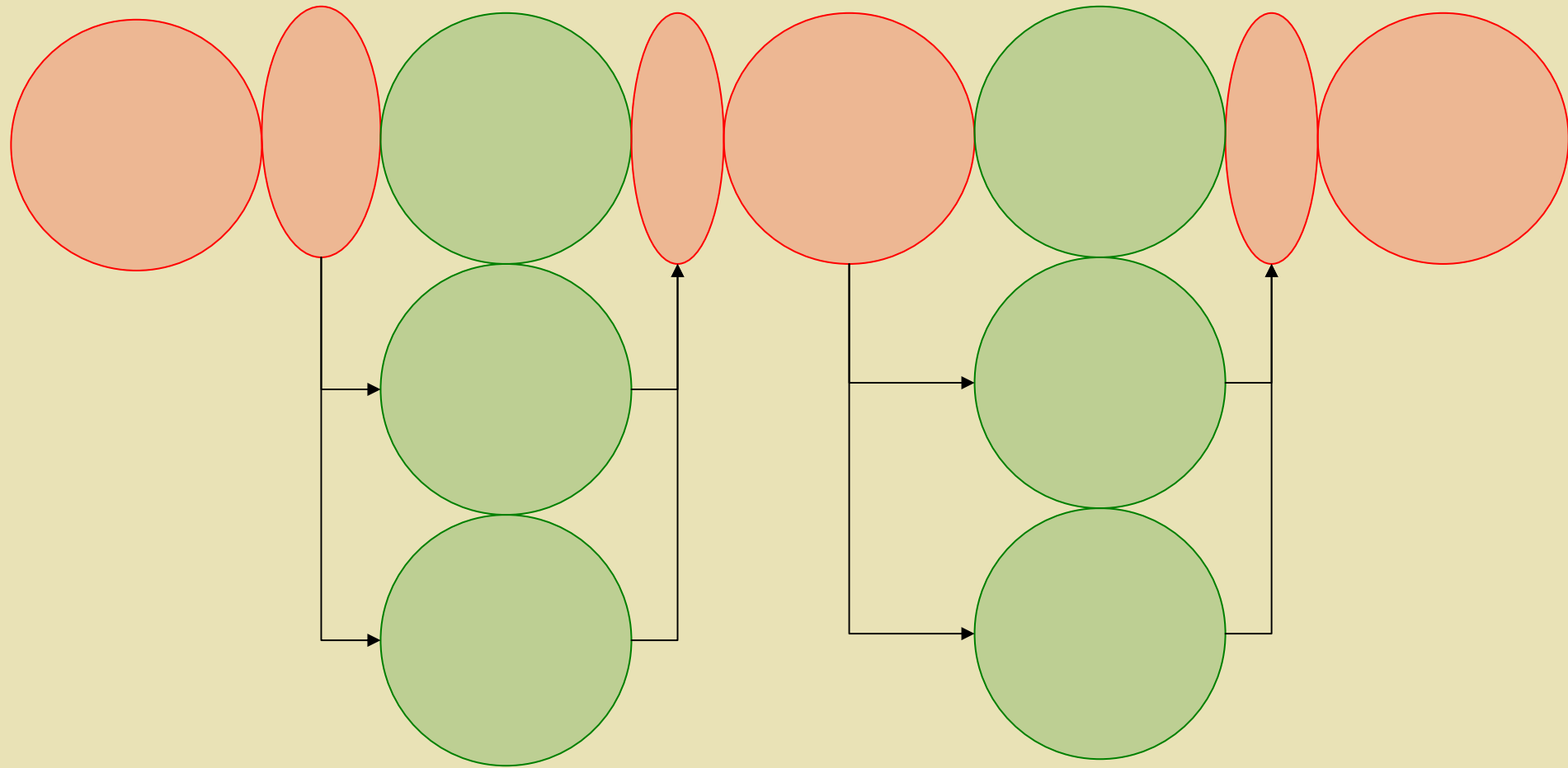
Finish



Predictabubbles

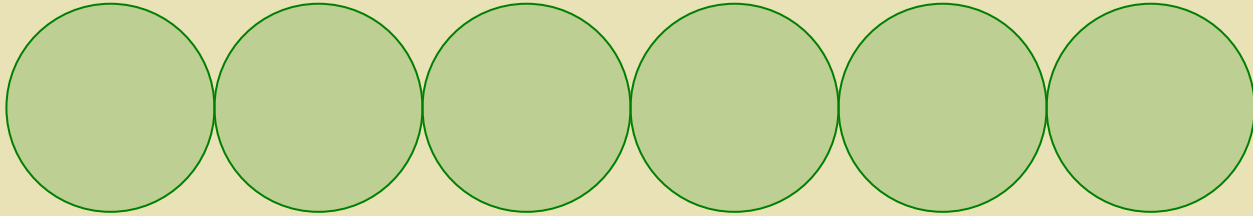
morning

afternoon

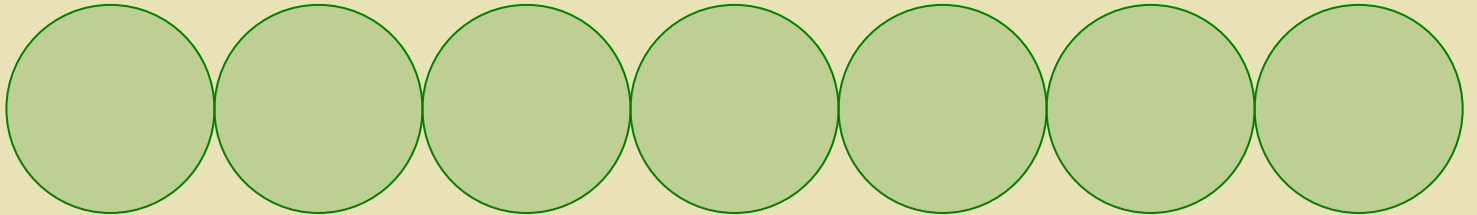


Predictabubbles

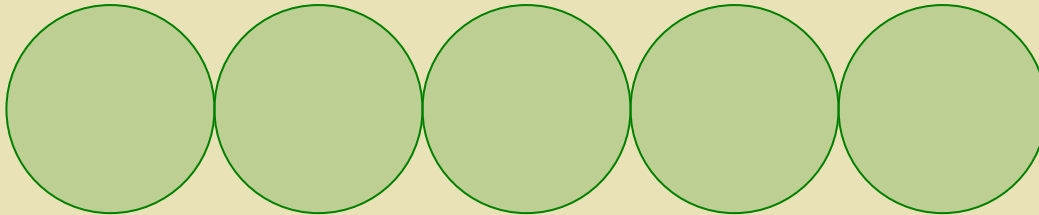
Internal



External



**Self
engagement**



Question Time

