

Self care tips for Autistic People

fidgetsandstims



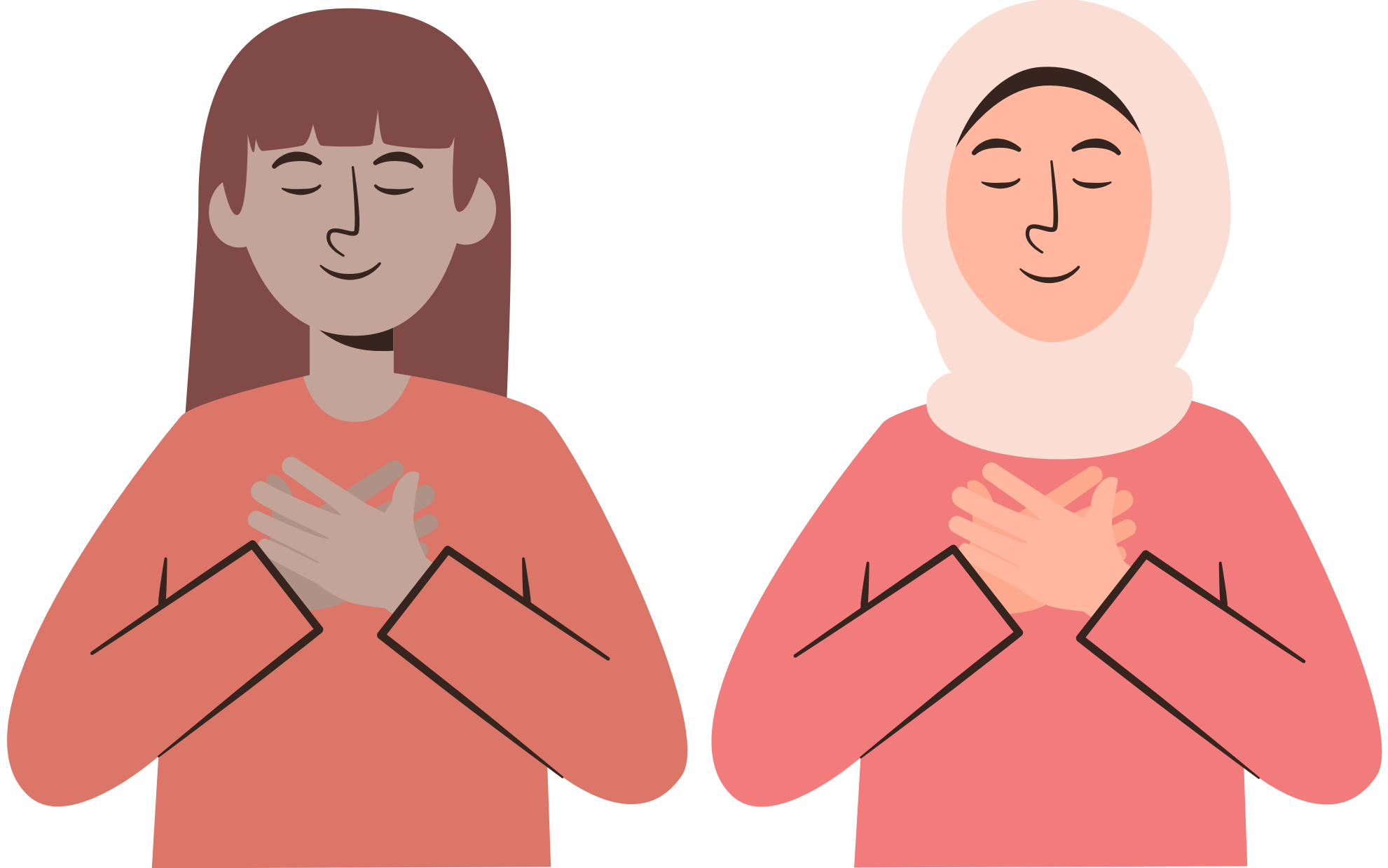


*You Can't Pour
From*
AN EMPTY CUP.
Take Care Of
YOURSELF.
YOU MATTER.

self-care

noun.

the practice of taking action to preserve or improve one's own health.





Special Interests

Engage in the things that bring you joy

Re-watch Films/shows

Find comfort in repetition

Stim

Move your body in a way that feels good

Time Alone

Take time to recharge away from people

Safe Food

Prepare a meal with foods that feel safe and comfortable

Exercise

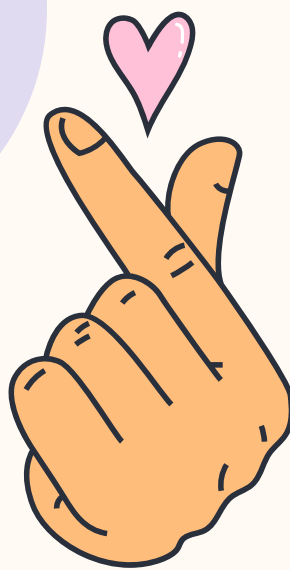
Move your body daily

Organize your bedroom

Make your living space organised, ask someone to help you make it tidy.

SEVEN WAYS

*for autistic people
to practice self
care*



take care
of your mind

Weekly self care ideas

checklist

- take a short 30 minute nap
- listen to a podcast
- take a break from social media
- watch your favourite movie
- plan your day
- have a large glass of water
- spend time outside
- read a new book
- stim freely
- draw as many shapes as you can on one page of A4

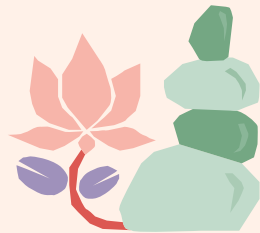


DAY OF SELF CARE

• BINGO •



Appreciate
the little things



Take time to
recharge
somewhere quiet



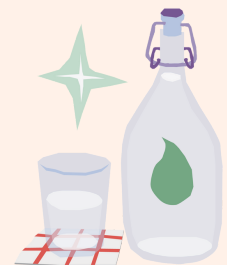
Write a diary
entry



Get enough sleep



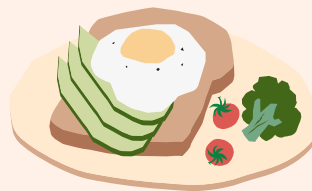
Compliment yourself



Stay hydrated



Say one nice thing
to yourself



Eat one thing you
really enjoy!



Go for a short
walk

Self-care isn't selfish



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