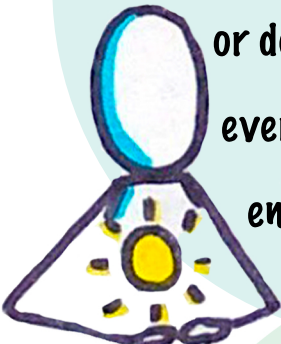


Calming activities...

such as mindfulness, wellbeing apps, exercise and art, can be modelled



or done together to help everyone practise good emotional wellbeing.



Try to use **Reliable Sources**

...particularly those focused on how to stay safe. Be careful of social media giving incorrect information.

Finding a place in the day to share **'worry time'** together might help reduce anxiety. Fixing a small amount of time will help you worry less about all the information on Covid 19.



5 TIPS FOR FAMILIES

Create new routines together, look for opportunities to build skills and spend time together.



This is not a typical situation so relaxing boundaries temporarily is ok.

Social Stories and Comic Strip Conversations

are a good way to build your positive self-talk and coping strategies.



.... to help reduce stress and anxiety for young people with autism....

