

COPING STRATEGIES FOR AUTISTIC BARRIERS TO EXERCISE



Yorkshire
Autism
AIM

Mental Health Equity Project

1. Sensory Tools

Keep an eye out for the early signs of burnout so you can act early to reduce stress, and be aware of what drains your energy most



2. Exercise with friends

Try to find people or groups you can be open around, and seek reasonable adjustments in work to manage your stress levels

3. Environment

Make sure you take time off wherever possible, use rest breaks at work and annual leave, and spend time for special interests and other activities that help you relax

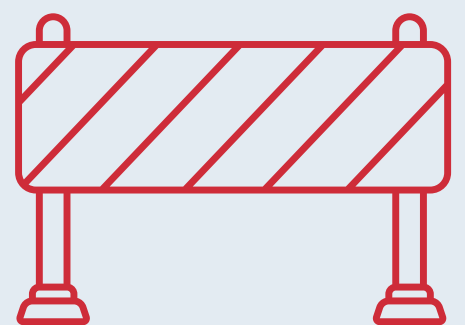


4. Decompression Time

Have a safe space to unmask and stim, avoid or seek sensory inputs, and use comfort items like weighted blankets

5.

Setting healthy boundaries for both yourself and others around, for example, socialising, is important for managing stress and maintaining sustainable expectations



6. Social and local services

There are a number of services that Yorkshire and Leeds Autism AIM can signpost you to for additional mental health, and wellbeing support..

