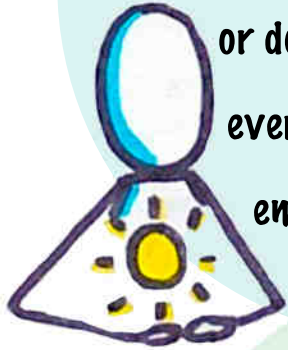


Calming activities...

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.

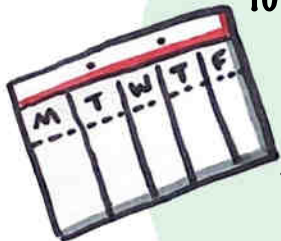


Finding a place in the day to share '**worry time**' together might help reduce anxiety. Fixing a small amount of time will help you worry less about all the information on Covid 19.



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.



5 TIPS FOR FAMILIES

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....