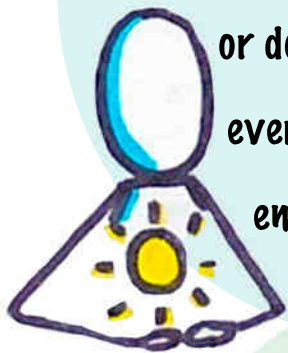


## Calming activities...

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.

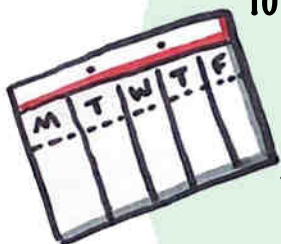


Finding a place in the day to share '**worry time**' together might help reduce anxiety. Fixing a small amount of time will help you worry less about all the information on Covid 19.



**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....