

Adult anxiety management resources and support

Life for a person with an autism spectrum condition already has its challenges. Now, as the world experiences a period of uncertainty, those on the spectrum may be feeling anxiety at the sudden changes occurring. As you are forced to adapt your daily routine, stay indoors, and undertake a period of isolation from your support networks, we understand the difficulties that come with this period of transition. Feelings of fear, loneliness, and boredom can start to take over. To help you through this challenging time, we have collated some self-help resources focused on anxiety that will support you in the weeks ahead.

General therapeutic based self-help and worksheets

Mental Health and wellbeing - NHS

<https://www.nhs.uk/conditions/stress-anxiety-depression/>

Self-help Guide - NHS

<https://www.nhsinform.scot/illnesses-and-conditions/mental-health/mental-health-self-help-guides/anxiety-self-help-guide>

CBT Printable Worksheets – Get Self Help

<https://www.getselfhelp.co.uk/freedownloads2.htm#Worksheets>

CBT workbook - NHS

<https://www.hpft.nhs.uk/media/1655/wellbeing-team-cbt-workshop-booklet-2016.pdf>

Coronavirus anxiety specific self-help

Coronavirus and your wellbeing - MIND

<https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/>

Coping with Uncertainty - AUTISTICA

<https://www.autistica.org.uk/what-is-autism/coping-with-uncertainty>

Coronavirus Anxiety: Coping with Stress, Fear, and Uncertainty - HELPGUIDE

<https://www.helpguide.org/articles/anxiety/coronavirus-anxiety.htm>

Resources for Autism quick anxiety strategies

Strategies to Reduce Anxiety

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Opposite Action

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Sleep Hygiene

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Distress Tolerance

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The Worry Tree

<P:\COVID 19\Resources for SU's\Anxiety Management\The Worry Tree - working through anxiety.docx>

Anxiety Management Diary

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Help with anxiety social story

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Mindfulness, meditation and wellbeing free apps

Buddhify – Guided meditations for Walking, Stress & Difficult Emotion, Work Break, Going to Sleep, Waking Up and many other different categories.

CALM – Promises to help users sleep better, boost confidence and reduce stress and anxiety, all with the help of guided meditations, soothing music, and bedtime stories

Headspace - Designed to help you train your mind and body for a healthier, happier life and get the most out of your day, Headspace can be used anywhere.

Stop Panic and Anxiety Self-help - This self-help app reminds you of your strengths and ability to cope when panic is triggered.

Colorfy - Adult colouring book brought aiding focused meditation. With a selection of images and mandalas to choose from, or the option to upload your own sketches to colour.

Elefriends - Elefriends is a supportive online community delivered by MIND charity where you can be yourself. It is a safe place to listen, share and be heard.

Daylio (Diary Mood Tracker) - Daylio collects recorded moods and activities in the statistics and calendar. This format will help you to understand your habits better. Keep track of your activities and create patterns to become more productive.

SAM (Self-help for Anxiety Management) - Offers a range of self-help methods for people who are serious about learning to manage their anxiety.

Stay Alive - Suicide prevention app which offers help and support both to people with thoughts of suicide and to people concerned about someone else.

Therapeutic services and helplines

Lapis

Offer affordable remote therapy to people affected by disability, autism and life changing health issues and their families.

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Directory of helplines

<https://www.getselfhelp.co.uk/helplines.htm>

Activities to do if self-isolating

Individuals on the spectrum can find unstructured time really tough. Here are some activities you could do to fill your time while self-isolating.

Friday Movie Club

RFA are running a fantastic weekly movie and discussion club. If you would like to be included please email charlotte@resourcesforautism.org.uk

House tasks

Now is the time to do those chores that you have been putting off for months. Here are some ideas:

- Organise sock draw
- Mop the floors
- Organise clothes and wardrobes into sections
- Clean out kitchen cupboards
- Dust the blinds/curtains
- Disinfect your phone/computer with wipes
- Clean the bathroom
- Organise your post

- Categorise your letters
- Take photos of important letters and email to self
- Clean your windows
- Dust your shelves and picture frames
- Organise your freezer into date order
- Vacuum under the bed

Exercise video

Change into your gym clothes and download an exercise video from Youtube.

Online quiz

Improve your trivia and general knowledge by playing one of the thousands of quizzes online.

Solo games

Exercise your brain by doing a word search, cross word, jigsaw puzzle or Suduko either online or from a book.

Television

Channel 4 will be broadcasting special programs throughout this period including arts, cooking and cleaning activities.

Podcasts

Whether you are into true crime, comedy or inspirational Tedtalks, there are thousands of amazing podcasts out there to enjoy. If you have a smartphone you can download a free podcast app or on your computer.

If you have any creative ideas you would like to share with others emails charlotte@resourcesforautism.org.uk and I can add them to the list!