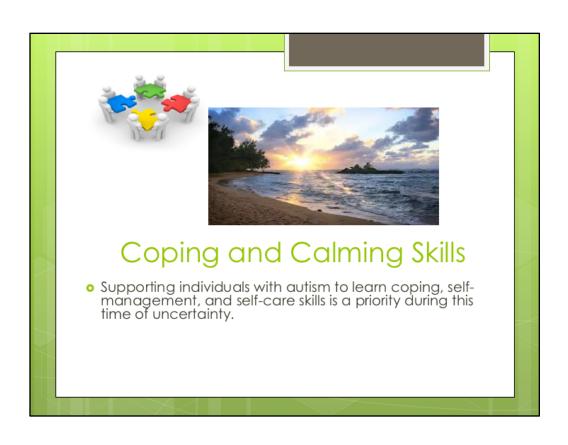


Coping & Calming Skills







- Prioritize Coping and Calming Skills
- Many individuals with autism have some coping and calming strategies in their repertoire of skills to access with support during their most anxious times. These may include rocking in a rocking chair, listening to music on headphones, deep breathing, watching a preferred video clip, brief periods of vigorous exercise, or accessing a favorite activity or material. If coping or calming strategies are not yet part of the routine, caregivers can prioritize the teaching of these skills during this time of uncertainty.





- Coping/calming activities may be scheduled regularly across the day in the initial weeks of changes.
- Exercise/physical activity is a proven strategy to reduce anxiety symptoms with the broader population, as well as with individuals with autism. Consider establishing or adding basic exercise routines for the. Family such as a nightly walk, online/app based workout.
- Some sites offering free access during this time include Down Dog yoga app, Nike Run Club, Go Noodle, Breath, Think Do with Sesame

Ideas to help with calming skills



- Choose times of the when the individual with autism is calm to initiate the instruction.
- Create a concrete visual routine to support the use of these strategies.
- Free apps available for calming strategies and guided meditations include Calm, Headspace, Breathe2Relax, Pacifica and RainRain.
- Coping/calming activities may be scheduled regularly across the day

