

Purple Ella

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**7 out of 10 autistic people:
meet diagnostic criteria for at
least one mental health condition**

**(statistic from Autistica
research)**

**Swedish population based
study in 2016:**

**individuals diagnosed with
ASC, without intellectual
disability, related to doubled
risk of substance use
problems.**

Autism

“might be a particular risk factor for developing a restrictive eating disorder”

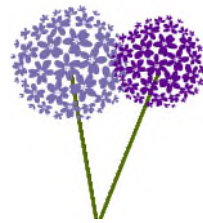
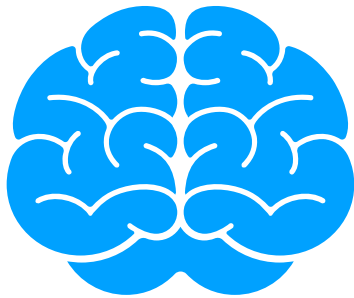
**William Mandy, psychologist
University College London**

“I recognise that the combination of exhaustion, sensory overload and disruption to my routine was too much to cope with, unsupported, as an autistic woman.”



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Autism and mental health - practical strategies



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**Flexible
routine to
reduce
anxiety**



Slowly learn to
unmask, and be
authentic autistic
self.



Sensory Toolkit



Over responsive:

- Hates noisy, busy environments
- Easily overstimulated

Strategies:

- Deep pressure activities - pushing, pulling, massage
- Weighted blankets, lap pads, compression clothing
- Fidget toys
- Ear defenders to reduce sensory input

Under responsive:

- Withdrawn
- Passive but not engaged
- Seeks intense sensory input

Strategies:

- Therapy balls to bounce
- Swinging, jumping and movement games
- Loud music with a strong beat

Mindfulness



**Energy accounting = activities
which use energy need to be
balanced by rest or activities which
input energy**



Special Interest can be helpful:

- It can be a very mindful activity, which reduces anxiety and helps regulate our central nervous system
- It can be used as a social opportunity. Shared interests give us something to do, and something to talk about.

Mood Monitoring

Learning to identify emotions, and levels of emotion can be a useful way of learning to keep your mood regulated.

Anxiety Level	None	Mild	Mild-Moderate	Moderate	Moderate-High	Highest
Faces	