

Strategies for Managing Anxiety and OCD on Autistic Individuals



Cognitive Behavioral Therapy (CBT)

CBT is often recommended for individuals with anxiety disorders and OCD. It focuses on identifying and challenging irrational thoughts and developing coping mechanisms to manage anxiety and intrusive thoughts.

Social Stories and Visual Supports

Visual aids, such as social stories and visual schedules, can assist individuals with autism in understanding and managing anxiety. These tools provide clear and structured information about specific situations, helping to reduce uncertainty and anxiety.



Mindfulness and Relaxation Techniques

Teaching relaxation techniques, such as deep breathing exercises and mindfulness practices, can help individuals with autism manage their anxiety levels. These techniques promote self-calming and provide a sense of control over anxious thoughts and feelings.



Sensory Regulation

Sensory issues are common in autism and can contribute to anxiety. Implementing sensory regulation strategies, such as providing sensory breaks or using sensory tools, can help reduce anxiety and promote self-regulation.



Collaborative Problem-Solving

Engaging in open and supportive communication with individuals with autism can aid in problem-solving and addressing anxiety triggers. Encouraging them to express their concerns and offering reassurance can be beneficial in managing anxiety.



Autistic Thinking

Annelies Wilder-Smith



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