

Coping Strategies

Mental Health Tips from youth to youth:

Different strategies will help different people when they are experiencing depression. Here are some ideas of strategies that worked for some autistic youth:



Make sure you're eating and drinking enough. Keep a supply close by of 'safe' food

(e.g., a food that you know you can always eat).



Find creative ways to communicate what you're thinking without words

(e.g., through art, music, dance).



Take time to recharge your social batteries.

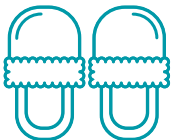
Know what activities are draining and what activities give you energy

(e.g., give yourself time to rest and recover after spending time with other people).



Have a simple goal to accomplish or routine to follow every day

(e.g., put on a clean shirt; make yourself a cup of coffee in the morning).



Spend time in a safe and comfortable environment.

(e.g., somewhere that you can rest, maybe in your room or a space that is quiet and predictable).



Find someone to be your 'safe person'

(e.g., someone you trust and feel comfortable with that you can reach out to for support).

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Having a plant, just a small thing to take care of and that I'm in charge of, helps me to get my butt out of bed in the morning

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