

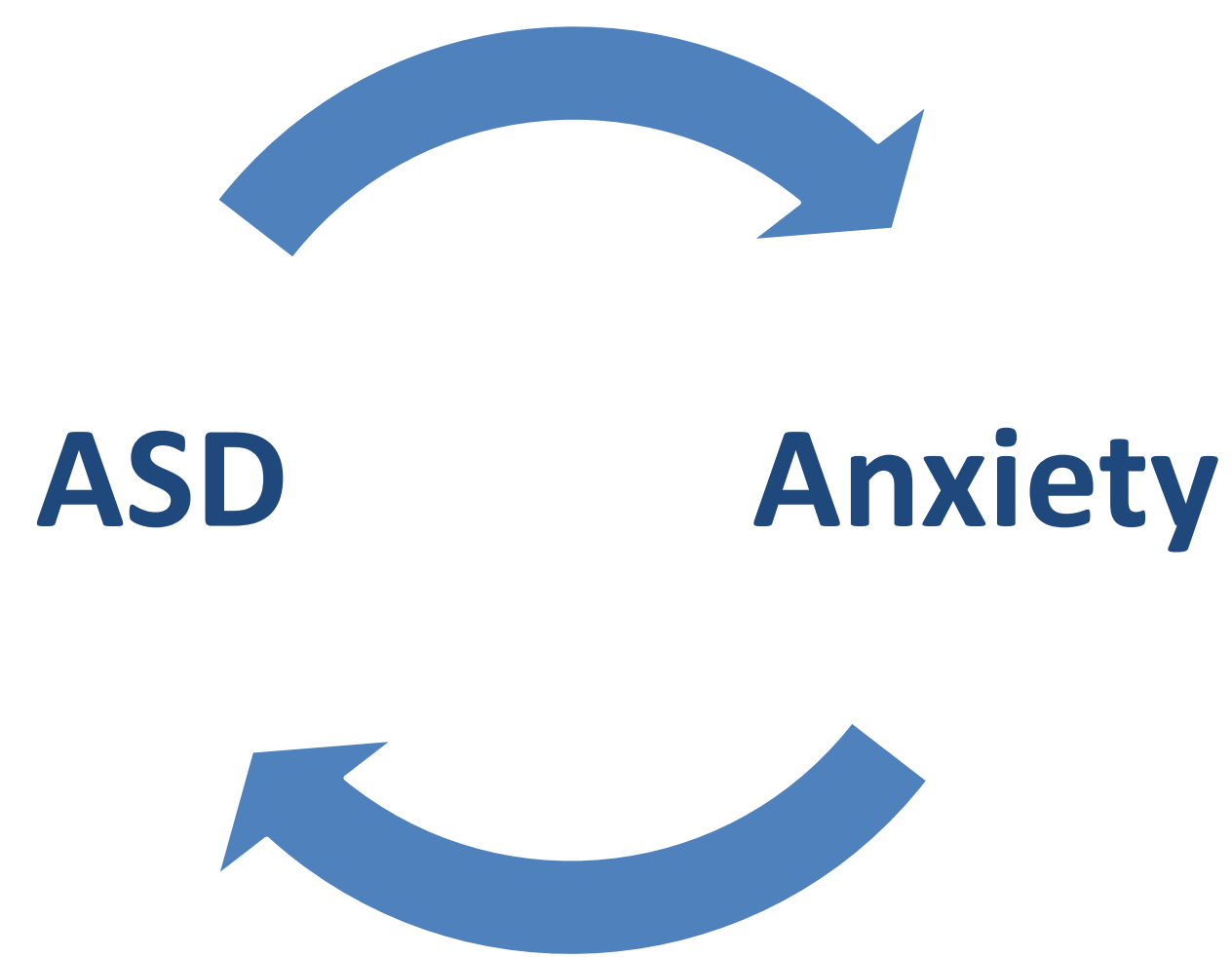
Anxiety in Autism Spectrum Disorder (ASD): Guidance for Parents and Caregivers.

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Anxiety in ASD:

What is the connection?

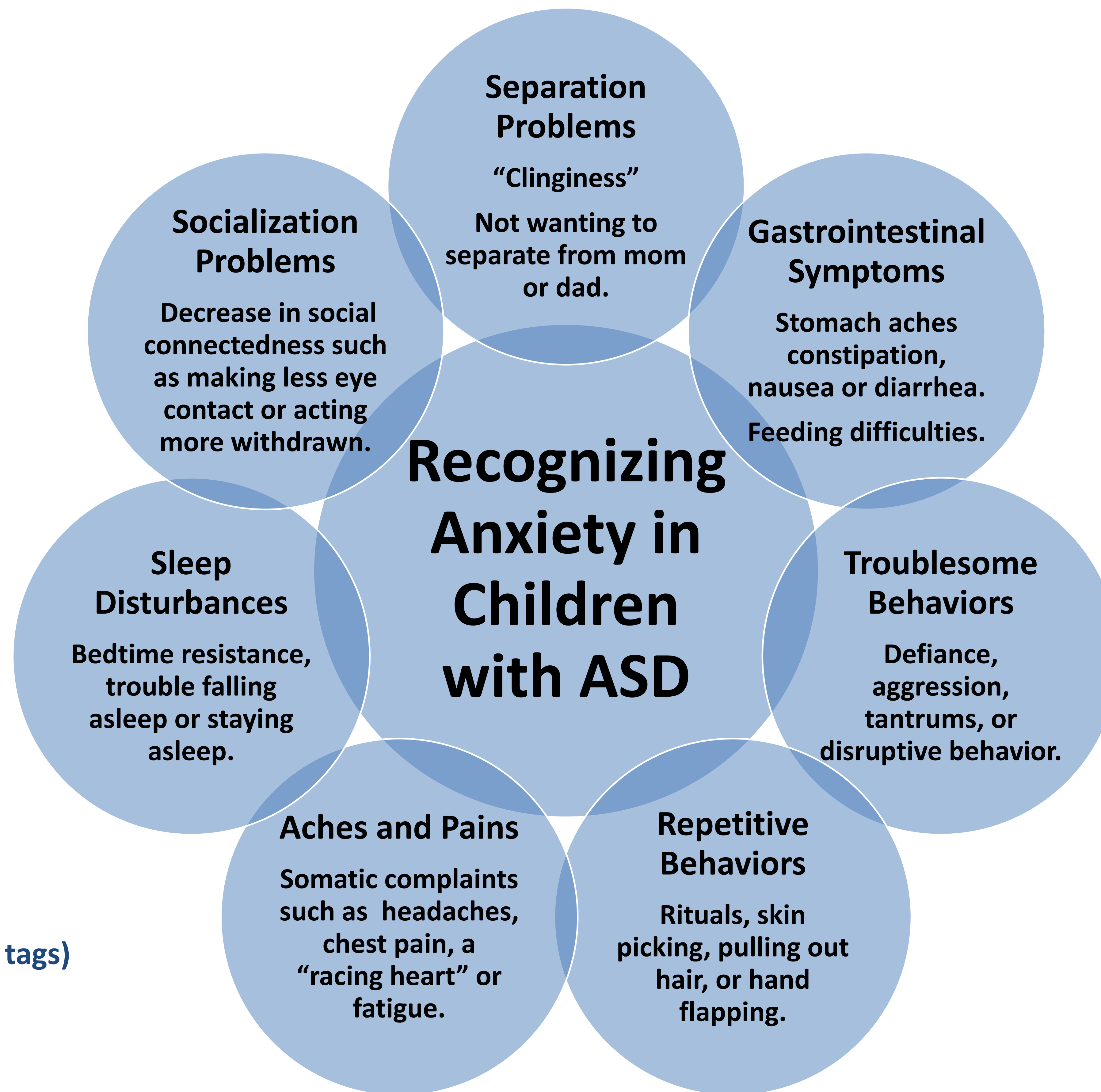
Anxiety overlaps the core symptoms of ASD, so it often goes undiagnosed



Effectively treating anxiety may decrease the core signs of ASD

Common Anxiety Triggers in Children with ASD:

- **Sensory Over-Responsivity**
For example: loud noises (fire alarms, school bells) or sensory stimuli (hair cuts, fabric tags)
- **Anxiety of Uncertainty**
For example: changes in their routine or environment or visiting new places



Anxiety: Best Practices for Parents and Caregivers

PREPARE

Social stories may be helpful to decrease anxiety of uncertainty.

- Social stories are printed narratives containing pictures or details of an upcoming event like a visit to the doctor or a trip.
- Scan the QR code for more information and examples of social stories:
- Calendars or schedules may be useful for older kids to prepare for changes or events.



PRACTICE

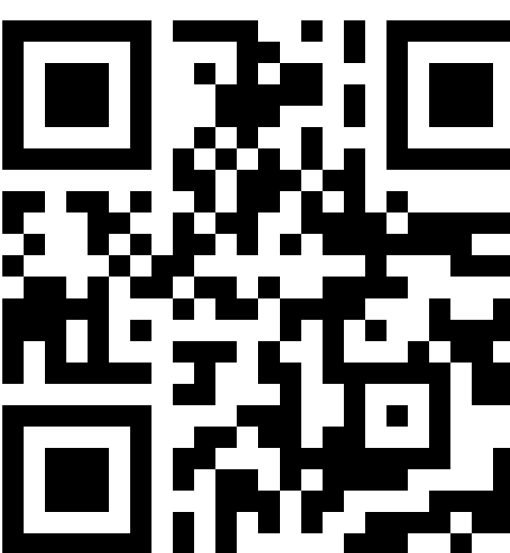
Prepare in advance for upcoming stressful situations.

- For example, if going to the dentist causes anxiety, ask to visit on a day when it's calm and quiet.
- While you are there, explain what will happen during the actual visit.

COPE

Deep breathing exercises can help to decrease anxiety and only take about a minute.

- Scan the QR code for more information on deep breathing exercises:



Other coping strategies include:

- Listening to relaxing music.
- Practice positive self-talk.
- Playing with a familiar toy .

TREAT

Cognitive Behavioral Therapy (CBT)

- CBT is talk-therapy that is delivered by a trained health care professional.
- CBT is a first line treatment for anxiety because it helps create life-long coping skills that help kids to realize how their thoughts affect their feelings and behaviors.
- Parents can learn CBT strategies to help their kids manage anxiety.
- Some schools offer CBT-based therapy.

Recognizing and Addressing Anxiety in Childhood can Lead to Better Outcomes in the Future.

For references, please scan the QR code.

