



ASD Family Help



Registered Charity No. 1135718



5 Top Tips Time

Autism and Emotional Regulation



Self-regulation is the ability to manage your emotions and behaviour in accordance with the demands of the situation/environment. It includes being able to recognise how we feel, how our body feels, and what we do to manage those emotions. It also helps us understand what other people are thinking and feeling. Autistic people can sometimes struggle with emotional awareness and regulating their emotions. This can at times make them feel overwhelmed, out of control leading to reacting in an unexpected way. They often are unaware the impact their emotions and emotional responses have on others.

1. Label emotions on a day-to-day basis as much as you can. "You seem to be 'worried' 'happy' 'anxious'" etc. Label your emotions and others around you. Beware and make them aware of what leads them to emotional explosions. Know yourself on how to amend these situations along with teaching them to problem solve.
2. Use visuals to help label emotions, this could be while reading a story book, watching TV/films. Talk about the characters and point out what you see in their facial expressions and body language/behaviour. Facial fans are good to use as well.
3. Play games with them: Matching faces game, Pass the face, Emotion Charades. Cut faces out of magazines for them to find the emotion you are acting out. Using a mirror can be helpful for them to see their own facial expressions and to copy you. www.elsa-support.co.uk has some great resources.
4. Talk about how their body feels, point out when you see their fist's clench, or their tummy feels strange. Draw this out and put it up on a wall. Again, model this yourself. "My tummy feels strange I think I am anxious"
5. Once they start to learn they are feeling, worried, angry, or anxious put together a Happy Box with ideas on how to help them feel relaxed and ok again. In your box you may have fiddle toys, colouring pens, activity cards on breathing, asking for a hug, going outside, playing with a pet etc.

We can teach and support our autistic young people to learn more about emotions, this can take time.

However, by talking, modeling, and showing them, overtime they will slowly learn and understand how to emotional regulate and learn what works to help them feel more in control. They will also start to recognise emotions in others. Using tools like the 5-point scale and Zones of regulation can really help with their understanding and labeling how they are feeling.

Book onto the Autism and Emotional Regulation Workshop and learn more about how we can support our young people to become more emotionally aware. 3rd Nov 9.45am to 12 noon
<https://www.eventbrite.co.uk/e/autism-emotional-regulation-workshop-tickets-169843003997>