

Autistic Meltdowns

QUICK GUIDE

Contributing Factors

- loss of control
- intense levels of stress
- sensory or cognitive overload
- sudden changes or transitions
- increase in demands
- unmet needs
- suppression of Autistic traits

meltdowns look
different for every
Autistic person



Signs of Autistic Meltdowns:

loss of spoken communication	shutting down or freezing
throwing or breaking items	using extreme language
loss of control	aggressive behaviours
self-injury	irritability e.g. snapping
yelling, screaming or crying	running away

there is no **standard** timeline for recovering from a meltdown

Things to do in **advance**

- create a meltdown plan
- identify triggers
- identify warning signs
- have an exit strategy
- create a sensory space
- make up a coping toolbox

Supporting yourself **during**

- give yourself plenty of rest
- spend time in a sensory soothing space
- focus on your special interests
- utilise self-soothing activities
- minimise social interactions till ready
- don't beat yourself up about it