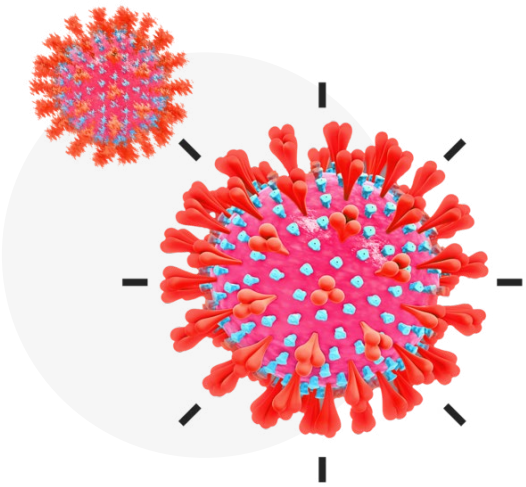
Ambitious about Autism

Coming out of lockdown

An easy-read guide explaining our top tips for coming out of lockdown.

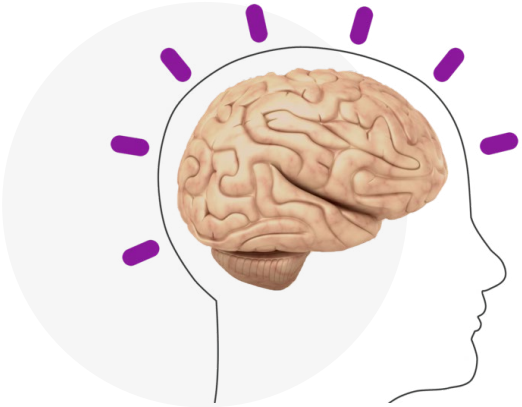


The coronavirus pandemic has changed the lives of autistic children and young people over the past year.

But with lockdown restrictions easing, we can do more of the things we enjoy and spend time with the people we love.

It's okay to feel worried or anxious about returning back to 'normal'.

It can take time to re-adjust to things that we haven't done in a very long time, like returning to work.



It's important that we look after our mental health and take things at a pace we feel comfortable with.

There are lots of things you can do to make coming out of lockdown easier for you.

1 Talk to others about how you're feeling

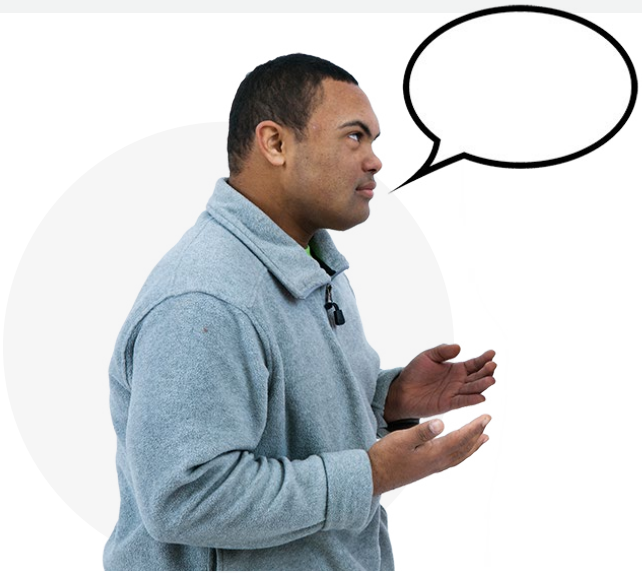
Talk to your friends, family and colleagues about how you're feeling and anything that is playing on your mind.

It might be difficult at first, but once they know how you're feeling they can support you.

2 Relaxion of social distancing rules

You may feel safer continuing to give people who do not live with you plenty of space. This is okay, but it might be more difficult to do this at certain times of day.

If you need to go to the shops and other enclosed spaces you might want to pick a time that is less busy.



If you're meeting with friends or family, you can explain to them that you would prefer social distancing for now.
It can help to tell them in advance to avoid any confusion.

3 Wearing a mask

You may feel more comfortable to continue wearing a mask.

You might find it difficult to be around people who are not wearing a mask, but remember, you can only control your actions.

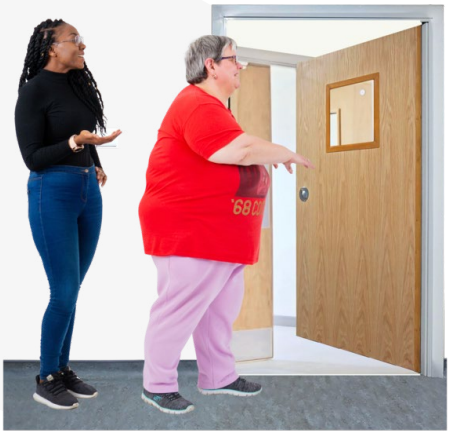
Let someone you trust know that you are feeling nervous. They might be able to accompany you until you feel more confident again.

4 Crowded events or spaces

You may find crowded events and spaces overwhelming.

Remember to go at your own pace, and only go to a busy space when you feel comfortable doing so.

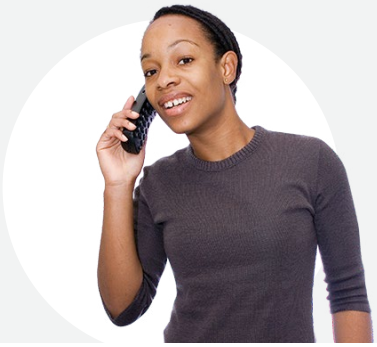
If it's possible, you can try and social distance and wear a mask to protect yourself.



It can be helpful to stand near a door so you can leave if you start to feel uncomfortable or anxious.

5 Returning to work

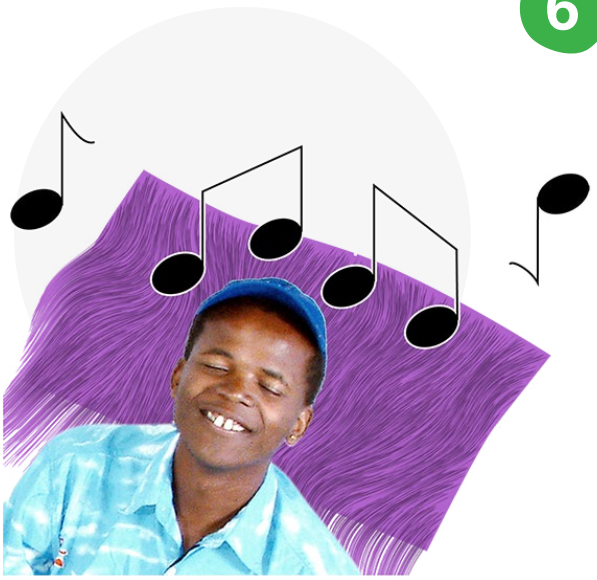
Your employer will have things in place to make you feel safe when you return to your workplace.



It can be helpful to speak to your manager to find out what those measures will be, so you know what to expect.

If you're worried about getting on public transport, you could travel outside of peak times or go back to the workplace one or two days a week at first.

Remember to let your employer know that you are worried so they can offer you additional support.



6 Taking time to relax

It's great that you can now see friends and family and visit places that you haven't been able to go to for a long time.

But it can be a lot to take in so remember to take time for yourself and relax in-between.

7 Challenging negative thoughts

It's very normal to feel worried about things changing but sometimes our negative thoughts are unhelpful.

Try to turn negative thoughts into more helpful thoughts, for example:

The un-helpful thought

"My friends will think I'm silly if I continue to wear a mask and social distance."

The helpful thought

"My friends will support my decision to continue to wear a mask and social distance because they want me to feel comfortable around them."

8 Go at your own pace

Remember, there is no right or wrong way to come out of lockdown.

It's important to go at your own pace and only do things that you feel comfortable with.

If you're struggling and need more support, it's important to reach out to someone you trust like a friend, parent or your GP.

We are Ambitious about Autism

Ambitious about Autism is the national charity for children and young people with autism.

We provide services, raise awareness and understanding, and campaign for social and policy change. Through TreeHouse School, The Rise School and Ambitious College, we offer specialist education and support.

Our ambition is to make the ordinary possible for more children and young people with autism.

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