

# Managing health anxiety

## Tips for autistic young people



### Invest time in special interests

Ground yourself in the things you enjoy. Reading, researching or doing more of your special interest will help you feel better when routine has changed.



### Keep in contact in different ways

If face-to-face plans have been cancelled, arrange a time to meet up with friends or family digitally. Pick a regular time to catch up with people.



### Turn off the news

News is distressing at the moment so try to limit your exposure to rolling coverage. To keep informed choose a specific time to access news each day.



### Create your own structure

If you're spending more time at home, use a timetable or calendar app to build your own structure into your day.



### Talk to someone

If you're struggling with increased anxiety talk to someone about it and create an action plan to keep anxious thoughts at a controllable level.