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.

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.

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.

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.

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.