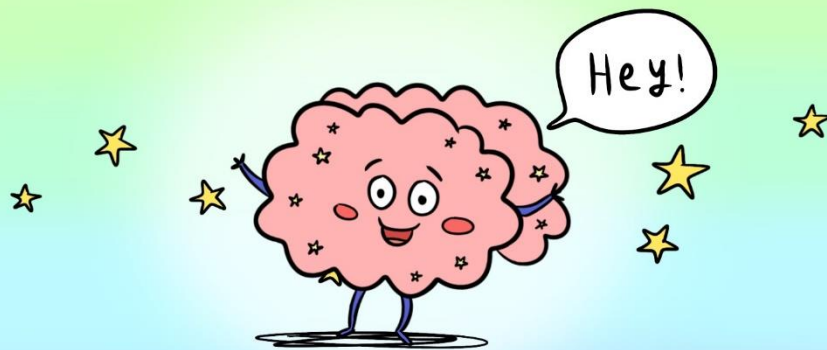


# LET'S TALK ABOUT YOUR BRAIN



NeuroWild

# Everyone has a UNIQUE BRAIN.

It's important to know what kind of brain we have so we can take care of it properly.



Knowing our brain type helps us figure out the things we need to feel HAPPY + SAFE.

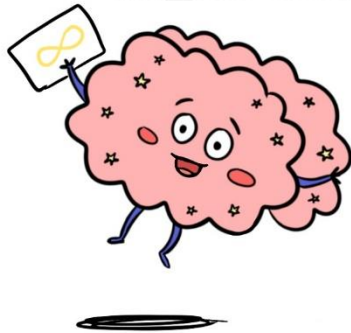


We have discovered that YOU have an

★ ★ **AUTISTIC BRAIN** ★ ★

This means that:

The GOLD infinity symbol represents Autism.  
Fun fact: the chemical symbol for GOLD is Au!



You experience the world differently to many of your peers.

Your brain Processes sensory information in a different way

You have your own collection of Preferences, + stuff you're good at



# Autistic People often have different communication styles.

Maybe you...

Don't use much eye contact

Feel confused by other people, + find it hard talking to others

Communicate in a very direct + factual way

Prefer talking about your deep interests

Aren't sure how to act so you copy the people around you.

Practice what you're going to say in your head before you say it.

Find talking hard or stressful so you don't say much.

Use an iPad to communicate.

Love words, + you are great at expressing yourself.

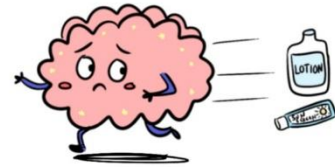
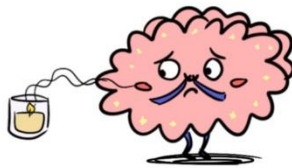
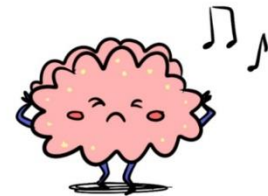
You get to choose how you communicate.



Autistic people experience sensory input very differently to non-autistic people.



You might notice things like light, sounds, smells, temperature, & the feel of things WAY more than others. These things might make you feel really scared, overwhelmed, or annoyed.



You are not overreacting to sensory stuff. Your brain processes this information differently.



Autistic people also receive body cues differently. We often don't notice that we're hungry, thirsty, hot/cold, tired, or needing to use the bathroom.



This is especially true when we are hyperfocusing on something.

We may not notice these feelings until they become EXTREME. Also, sometimes we may notice a feeling but not know what it is.



Autistic people often experience BIG emotions that can last a long time. This might happen when:

Plans change unexpectedly

Things seem unfair, or rules have been broken.

We are overloaded with sensory input

We feel we have disappointed someone

We are unable to meet expectations

We have run out of mental energy.

It's important to explore what sorts of things help you feel better when you experience big emotions.

What helps you REGULATE?



# Having BIG feelings also means having BIG JOY.

Many Autistic people experience intense joy when exploring their deep interests, cuddling their favourite thing, listening to their favourite music, or doing their favourite activity.

You might express this joy through:

Jumping

Spinning

Rocking

Running

Dancing

Flapping

Laughing

Clapping

Squealing

Singing

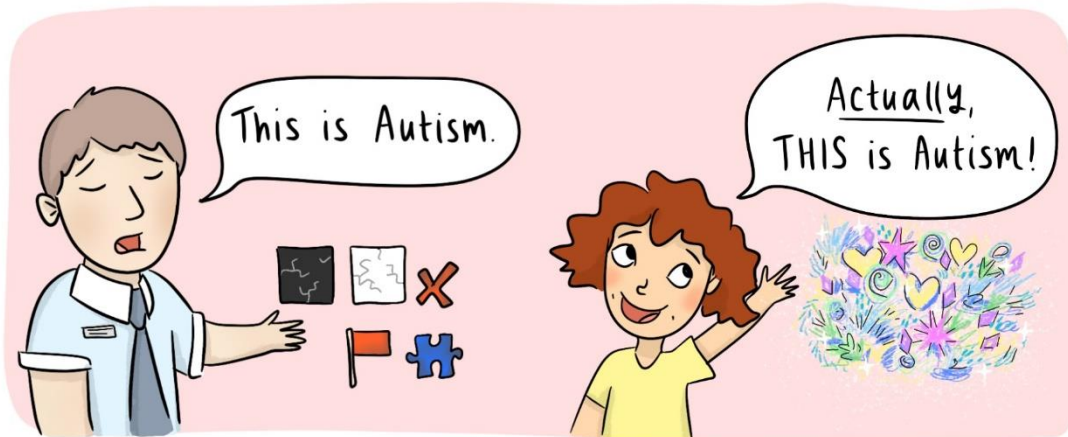
or some other way!

This is called STIMMING.



Some people still believe things about Autism that are untrue & pretty negative.

It's because they haven't learnt the truth about Autism- from Autistic people.



Many Autistic people are working hard to spread the facts about Autism.

You can help too, if you want.





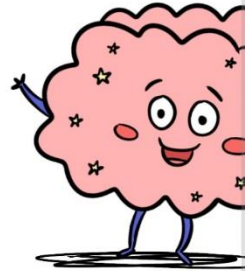
Sometimes we might have appointments with different people, like a speech therapist, occupational therapist, or psychologist.

→ or maybe others.

These people help us support and love our Autistic brain.

They also work with our family + school to make sure everyone knows how to look after us.

When our brain is properly supported, we are able to be our best, happiest self.



*e m e n e*

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Tell an adult when you feel uncomfortable or unsafe.

Help others learn about your communication style. Explain that yours is different + totally fine.



## Ways to look after your Autistic brain...

Spend time doing the things you LOVE.



Try out headphones, sunglasses, fidget tools, + different clothing options to work out what your body prefers.

Remember that it's not your job to try + hide your Autistic traits. The world needs ALL kinds of brains.



Give yourself a break when things feel hard or overwhelming.

Connect with people who LOVE the things you LOVE.



## Important stuff to remember...

Being Autistic is not a bad thing.  
The world needs ALL kinds of thinkers.



Others may not know when things are overwhelming for you. When we tell people, they can help us fix the problem. You do not have to be in a place that is too uncomfortable, upsetting, or unsafe.



Everyone has things that they find easy and hard. When things feel hard for you, who can you ask for help?



Your main job is to be YOU. Your family want you to be happy + safe. Do you have any ideas to help with that?

