

LOOKING AFTER MYSELF PLAN

THE ADULT AUTISM PRACTICE

DATE:

I KNOW I NEED TO LOOK AFTER MYSELF WHEN I NOTICE:

SOME GOOD WAYS TO DISTRACT MYSELF ARE:

1
2
3
4

SOME SAFE PEOPLE I CAN CONTACT ARE:

1
2
3
4

THINGS THAT HELP WHEN I FEEL THIS WAY ARE:

WAYS TO KEEP MYSELF AND MY SPACE SAFE:

1
2
3
4

OTHER