

# Understand Autistic Anxiety Triggers

Autistic people often experience unique triggers for anxiety. Properly accommodating these triggers is crucial.

## Common Autistic Anxiety Triggers



### Disruption of Predictability & Routine

Autistic people rely on structure and predictability. Sudden changes in schedule, environment, or plans can cause intense anxiety.



### Social Script Deviations

Autistic individuals often use internalized scripts for social situations. Unpredictable conversations or social changes can trigger stress.



### Cross-Neurotype Interactions

Interactions with non-autistic (allistic) people can be confusing due to communication differences, leading to misunderstandings and anxiety.



### Sensory and Cognitive Overload:

Overwhelming reactions to sensory stimuli or overwhelm that happens due to challenges in processing too much information at once or struggling to decode unclear information.

## Strategies to Address These Triggers



### Enhanced preparation and predictability

Provide advanced notice of changes



### Strengthening Routine and Environmental Control

Maintain consistent daily routines



### Structured Social Scripts and Clear Communication

Encourage direct and literal language



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