# Understand Autistic Anxiety Triggers

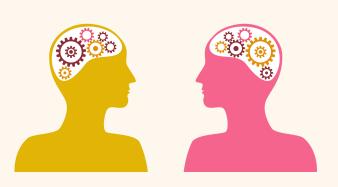
Autistic people often experience unique triggers for anxiety. Properly accommodating these triggers is crucial.

### **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.



## Cross-Neurotype Interactions

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



#### **Social Script Deviations**

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



## Sensory and Ccognitive 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



# Strenghtening Routine and Environmental Control

Maintain consistent daily routines



# Structured Social Scripts and Clear Communication

Encourage direct and literal language



