

## Who We Are?

Autism is NOT a curse. In fact, it is a blessing. Yes, there may be some hardships that come with it and yes, there may be moments where we do not like the person we are but we are NOT weird. We are NOT strange. We are NOT odd. We are just, simply, human beings. Our brains just work differently, and society tends to prey on those points of weakness and depression. But we stand strong and we are all awesome. Once you get to know us, we will become your most trustful, loyal, kind and downright amazing friend ever.

OTHER CHARITIES INCLUDE CAMHS . ALSO TALK TO FAMILY AND FRIENDS. AS SOON AS YOU TALK TO SOMEONE, A RELIEF WILL FLOOD THROUGH YOU AND YOU'LL FEEL SO MUCH BETTER ABOUT IT. MY NAN USED TO SAY THAT "A PROBLEM SHARED IS A PROBLEM HALVED" AND SHE IS RIGHT.

# Autism Spectrum Disorder: The Spectrum Booklet



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## WHO TO CONTACT?

### SOLENT MIND



Hampshire's leading mental health charity. They are here to make sure that anyone with a mental health problem has somewhere to turn to for advice and support.

<https://www.solentmind.org.uk/>

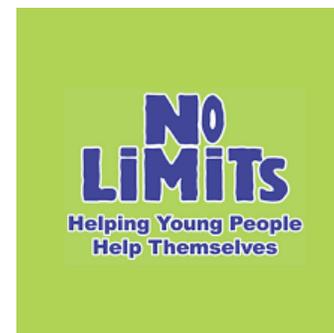
### NATIONAL AUTISM SOCIETY



The National Autism Society is a charity that strives to improve the lives of autistic people & offers advice to families and tries to change public opinions.

<https://www.autism.org.uk/>

### NO LIMITS



No Limits is a charity offering free and confidential information, advice, counselling, advocacy and support to children and young people.

<https://nolimitshelp.org.uk/>

# Famous Autistic People

There are more autistic people that live in society than you think. Even celebrities have autism, asperges syndrome, ADHD, etc. Here are just a few:

Dan Aykroyd

Tim Burton

Bill Gates (not confirmed but suspected!)

# Loving Yourself

It is important to love yourself despite whatever might be going on in your life or what people say about you. Do not listen to all the negative comments because you are worth so much more than them! Everyone has insecurities not just autistic people. The people that bully you do too! I know I sound corny, but I genuinely believe that everyone is beautiful in their own special and unique way no matter what anyone else thinks! I have learnt to love myself for who I truly am, and I hope whoever reads this can learn that valuable lesson too.

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*“Autism can’t define me. I define autism.”*

# Overview of Autism



Autism, or autism spectrum disorder (ASD), refers to a broad range of conditions characterized by challenges with social skills, repetitive behaviors, speech and nonverbal communication. You are born with it and there are three types of autism:

**Autism Disorder** - People with autistic disorder usually have significant language delays, social and communication challenges, and unusual behaviors and interests. Many people with autistic disorder have intellectual disability.

**Asperger Syndrome**

People with Asperger syndrome usually have milder symptoms of autistic disorder. They might have social challenges and unusual behaviors and interests. However, they do not typically have language or intellectual disability.

**Pervasive Developmental Disorder – Not Otherwise Specified**  
This is sometimes called “atypical autism,” or PDD-NOS. People who meet some of the criteria for autistic disorder or Asperger syndrome, but not all, may be diagnosed with atypical autism. These people usually have fewer and milder symptoms than those with autistic disorder. The symptoms might cause only social and communication challenges.

**A BOOK YOU SHOULD TOTALLY CHECK OUT: THE SPECTRUM GIRL'S SURVIVAL GIUDE (HOW TO GROW UP AWESOME AND AUTISTIC) BY SIENA CASTELLON! IT IS A BESTSELLER AND IT IS ABSOLUTELY AMAZING AND CLEARS SO MUCH UP!**

# Some More Information

## Mental and Physical Secondary Conditions

There are quite a few things that might be tied into autism. For example, I have ADHD traits and I suffer sometimes with anxiety (whether it be social or something else entirely) and used to suffer with depression but luckily, I have gotten better and I am very happy with a very supportive family and a great network of friends. I am aware that not everyone has that but just know that somewhere out there, someone loves you, even if you nor they know it yet. Just be patient and wait. Your time will come I promise!!

- ADHD
- Hypermobility
- Dyslexia
- Dyspraxia

## Personality Traits

Here are some awesome things about autistic people that will make you want to have them in your life! (Again, JUST to name a few!!)

- We have the BEST sense of humor
- We are kind, sincere and we love learning
- We are loyal, creative & dependable
- We are NOT judgmental, and we are focused/persistent
- We accept everyone for their differences and “faults”
- We are logical, analytical and think outside of the box

## Strategies to Help You Out!

Believe it or not, there are many ways that you can relieve stress and worries. However, some strategies can be different for different circumstances but here are some things you can try:

- First off, tell your family (if you can), friends and teachers about anything you are struggling with and seek their advice. They may be able to help you!
- If you are anxious about an upcoming exam, for example, or are frightened of something that might happen (like a fight perhaps I do not know), then close your eyes and level your breathing with some deep and peaceful breaths out. If you can, to help you out, you can try and find a quiet place alone. If not, just try you best to block out the noise and the distractions. **EVEN TRY SOME MEDITATION IF POSSIBLE!**
- Take your mind off your troubles. Do something that you enjoy either on your own or with the people you like being with. Read a book. Go out for a bike ride. Play on your phone. Chat with friends, maybe even meet up with them (depending on the circumstances of course). Do whatever you need to do to take your mind off it for a while to make you feel better.

Here are some quick symptoms of anxiety:

- Sick feeling in your stomach (where the term worried-sick is derived from)
- Headache (from stress/anxiety)
- Racing Heartbeat
- Shortness of Breath
- Shaking and Sweating
- Outbursts, Mental Breakdowns and Tantrums