

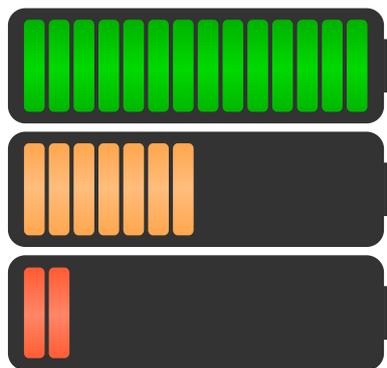
Take a moment for self care

Self care looks different for all of us
one persons joy is another's trigger
taking time for what works for us is important

Glimmers – are micro moments that foster feelings of wellbeing – the more you look for glimmers the more you find them! What is a glimmer for you?

Stimming

A sensory need, a way to regulate,
a Joy, or at times demonstration of distress



Explore

Sharing lived experience - from our team

I can't always get outside but sometimes I stop and count the birds and listen to their song

Treating myself to a new pair of warm fluffy socks

Putting my favourite smell on a hankie and just breathing it for a moment

A walk in woodland or snow or spending time with animals

Putting on some music and dancing or time out with people I can share and laugh with

Deep dive in something that has my focus

Links to more information and lived experience

[Autism Central](#) - Wellbeing resources for Parents and Carers

[PACT signpost](#) - Mental and Physical health, peer and carer support, out and about and virtual travel

[Autism Understood](#) health and wellbeing pages for young people (and all ages) energy accounting

[Autistic Realms](#) - Glimmers, Autistic Joy and Monotropism

[Stimming](#) - Podcast from Autism central

Don't forget your **Flu Jab** and **health checks** / [LD health checks](#)