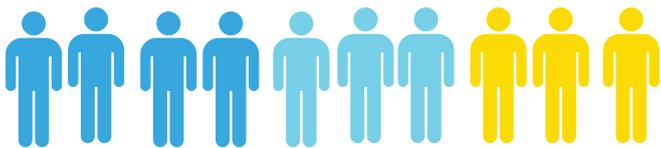


ANXIETY AND AUTISM

A child's behaviour may tell you more than their words

WHAT IS ANXIETY?

Anxiety refers to a group of disorders that cause nervousness, fear, apprehension, and worry. Most people experience anxiousness at some time and a little anxiety may even aide performance. But severe anxiety can impact on physical, cognitive and behavioural functioning and well-being.



SPOTTING SIGNS

Anxiety may look different in some children with autism. Signs of anxiety in autism can be difficult to spot because they look similar to characteristics of autism. Some of the signs of anxiety that we have found in our research that you might not expect to see as signs of anxiety include crying, hiding or running away, a change in the volume or speed of speech, becoming angry, becoming sensitive to lights or noise, noncompliance, mouthing objects and self harm. Many children with autism also tell us that when they get worried they try to “act normal”.



SIGNS TO LOOK FOR



ANGER



CRYING



TRYING TO
ACT NORMAL



HIDING



SCARED

BE AWARE OF THE POSSIBILITY THAT A CHILD'S BEHAVIOURS RATHER THAN THEIR WORDS MAY BE YOUR BEST INDICATOR OF THEIR ANXIETY. BEHAVIOUR MAY BE THEIR LOUDEST VOICE.