

ANXIETY

An autistic person with anxiety may:

- **Seek more routine and sameness.**
- **Have sleep difficulties.**
- **Have more meltdowns (temper tantrums).**
- **Avoid social situations.**
- **Display more obsessions/rituals/motor repetitions and/or self-injury.**

Anxiety in an autistic person may be triggered by:

- **Change in routine or environment.**
- **New and unfamiliar social events.**
- **Severe sensory sensitivities.**
- **Fear of a particular activity or thing.**

Anxiety in an autistic person may be caused by:

- **Uncomfortable or painful experiences in the environment.**
- **Frequent victimization.**
- **Fear of failure and ridicule.**
- **Uncertainty in new or unanticipated situations.**
- **Sensing the negative feelings of others.**

Psychological Symptoms

- Lose patience easily
- Difficult to concentrate
- Dwell on any possible worst outcome
- Sleep disruption
- Depression
- Preoccupation or obsession with a particular subject

Physical Symptoms

- Thirst
- Nausea
- Loose bowel movement
- Frequent urination
- Heart pounding
- Flatulence
- Aching muscles
- Frequent headaches
- Dizziness
- Tingling sensations
- Tremors