

**TEEN**  
WELLBEING  
RESOURCE  
SERIES

**#1**  
OF 1

# NAVIGATING MY WORLD

A GUIDE FOR TEENS WITH BIG FEELINGS  
AND BRILLIANT BRAINS

UNDERSTAND. COPE. THRIVE.

**SAMPLE**

DIFFERENT  
IS NOT  
A PROBLEM  
DISLIKES  
ARE.

PROGRESS  
NOT  
PERFECTION

ONE STEP  
AT A TIME

MY BRAIN  
WORKS  
DIFFERENTLY.  
AND THAT'S  
OKAY

TODAY:  
 BREATHE  
 FOCUS  
 RESET  
 ONE STEP  
AT A TIME

IT'S OKAY  
TO FEEL  
TOO MUCH

MINDFUL MOVES  
TOOLS NOT RULES  
YOU GOT THIS



UNDERSTAND  
BIG FEELINGS



BUILD HELPFUL  
HABITS



FEEL STRONGER  
EVERY DAY



YOU MATTER.  
ALWAYS.

BEING A TEEN CAN BE HARD.  
BEING NEURODIVERGENT  
CAN MAKE IT EVEN HARDER.

YOU ARE NOT ALONE.

This comic resource is for neurodivergent teens who want real talk, practical tools, and a reminder that **they matter**.

Inside, you'll find honest comics, relatable stories, and useful strategies to help understand your mind, handle tough days, and build a life that works for you.

No fake positivity.  
Just **support**.

**SAMPLE**

NEURODIVERGENT  
NOT  
LESS.

YOU'VE  
GOT  
THIS.

IT'S OKAY  
TO NOT BE  
OKAY.

SUPPORTS YOU  
SPACE FOR WHAT MATTERS

ALL BRAINS  
WELCOME

THOUGHTS

FEELINGS

GOALS

REAL TOOLS. REAL SUPPORT. REAL CHANGE.

# WANTING INDEPENDENCE CAN FEEL BIG!

I WANT TO DO THINGS MYSELF!

I GET IT. INDEPENDENCE IS IMPORTANT AND TOTALLY NORMAL.

WANTING INDEPENDENCE IS NORMAL. IT MEANS I'M GROWING, I'M CAPABLE, AND I WANT TO BE MYSELF. ❤️

BUT SOMETIMES, MY ADHD AND AUTISTIC BRAIN STILL NEED SUPPORT. THAT DOESN'T MEAN I'M NOT INDEPENDENT. IT MEANS I NEED HELP.

## ★ EXAMPLES OF WHEN I NEED SUPPORT

### CHOOSING MY CLOTHES ALONE

I WANT TO PICK WHAT I WEAR.

### PACKING MY SCHOOL BAG

I NEED MY SPACE SOMETIMES.

PLEASE KNOCK

HAVING TIME ALONE HELPS ME RESET. ❤️

**SAMPLE**

## ★ WHEN I TRY TO DO THINGS MYSELF

### REPLAYMOTH



KEEPS REPLAYING STEPS OVER AND OVER. ❤️

### LUMPCLOUD



FEELS OVERWHELMING AND MAKES THINGS HEAVY. ❤️

SUPPORT DOESN'T TAKE AWAY MY INDEPENDENCE. ❤️

### ★ SUPPORT CAN LOOK LIKE:

- ✓ A FRIENDLY REMINDER ☆
- ✓ HELP BREAKING THINGS DOWN ☆
- ✓ EXTRA TIME TO FINISH ☆
- ✓ SOMEONE TO CHECK IN WITH ☆
- ✓ A SAFE SPACE TO RESET ☆

THESE THINGS HELP MY BRAIN AND BODY STAY ON TRACK. ❤️

IT HELPS ME BUILD SKILLS SO I CAN DO EVEN MORE ON MY OWN. ❤️

I'M LEARNING HOW TO BE INDEPENDENT IN A WAY THAT WORKS FOR ME. ❤️

WANTING HELP SOMETIMES **DOES NOT** MAKE ME LESS GROWN UP.

I'M GROWING. I'M LEARNING. I'M DOING MY BEST. ❤️ AND THAT'S ENOUGH. ❤️

# SOMETIMES HELP FEELS HARD TOO.

I FEEL EMBARRASSED, PRESSURED, AND OUT OF CONTROL.

I JUST WANT TO HELP, BUT I DON'T ALWAYS KNOW HOW.

HELP CAN FEEL COMPLICATED WHEN YOU ARE ADHD AND AUTISTIC. I WANT SUPPORT, BUT SOMETIMES IT FEELS OVERWHELMING INSTEAD OF HELPFUL. ❤️

## ★ HERE ARE SOME REASONS HELP CAN FEEL HARD

### TOO MANY WORDS AT ONCE.

LET'S TALK ABOUT THIS.

WHAT DO YOU NEED?

WHY DID YOU DO THAT?

HERE'S WHAT YOU SHOULD DO.

HAVE YOU TRIED THIS?

CAN YOU JUST FOCUS?

IT BECOMES TOO LOUD FOR MY BRAIN. ❤️

### BEING WATCHED TOO CLOSELY.

I FEEL UNCOMFORTABLE BEING WATCHED.

### REMINDERS THAT FEEL LIKE PRESSURE.

REMINDERS FEEL LIKE PRESSURE.

### EMBARRASSED ABOUT ASKING FOR HELP.

I WORRY OTHERS WILL THINK I'M WEAK, LAZY, OR "TOO MUCH." ❤️



## ★ I DON'T HATE HELP. ★ I FEEL OVERWHELMED, WATCHED, OR OUT OF CONTROL. ★

### ★ MEET MY FEELING CREW! ★

**PANIKIT SPIKES**

PANIKIT SPIKES WHEN I FEEL PRESSURED OR OVERWHELMED. ❤️

**FIZZLET**

FIZZLET SPARKS WHEN MY NERVES GET TOO BIG AND BUZZY. ❤️

**REPLAYMOTH**

REPLAYMOTH REPLAYS WORRIES AND "WHAT IF" THOUGHTS. ❤️

**LUMPCLOUD**

LUMPCLOUD WEIGHS ME DOWN WITH SHAME AND SELF-DOUBT. ❤️

**BUZZJAW**

BUZZJAW SNAPS WHEN I FEEL CORNERED, INTERRRRRUBBED, OR OUT OF CONTROL. ❤️

### THE TRUTH IS...

- ★ I DO WANT SUPPORT. ✓
- ★ I DO WANT TO GROW. ✓
- ★ I DO WANT TO LEARN. ✓
- ★ I JUST NEED IT IN A WAY THAT WORKS FOR ME. ❤️

NEEDING SUPPORT AND WANTING INDEPENDENCE CAN BOTH BE TRUE AT THE SAME TIME. ❤️

TOGETHER, WE CAN FIND WHAT HELPS. ❤️

★ I AM ALLOWED TO SET BOUNDARIES. ❤️ ★ I AM ALLOWED TO ASK FOR HELP. ❤️ I AM ALLOWED TO DO IT MY WAY. 🐾

# WHEN MY FEELINGS BURST OUT

BECAUSE I WANT INDEPENDENCE BUT I AM OVERWHELMED.

I WANT TO DO THINGS MY WAY. I WANT SPACE TO FIGURE THINGS OUT. BUT SOMETIMES HELP FEELS LIKE PRESSURE—AND THEN MY FEELINGS BURST OUT. ❤️

YOU JUST DON'T GET IT! LEAVE ME ALONE!

I HEAR YOU. I'M HERE WHEN YOU'RE READY. ❤️

★ WHAT IT CAN LOOK LIKE WHEN MY FEELINGS BURST OUT

I SHOUT OR YELL.

I CRY AND BREAK DOWN.

I FREEZE AND SHUT DOWN.

MY WORDS COME OUT LOUD AND SHARP. ❤️

TEARS TAKE OVER BECAUSE IT ALL FEELS TOO MUCH.

I HIDE OR STORM INTO MY ROOM.

I NEED SPACE, BUT I DON'T KNOW HOW TO ASK FOR IT.

MY FEELINGS ARE ALREADY BURSTING OUT.

FRUSTRATION. THINGS ARE HARD AND NOT GOING MY WAY.

MY FEELINGS ARE SO OVERWHELMING THAT I CAN'T THINK OF ANYTHING MUCH. ❤️

REPLAYS PAST STUFF I GETS STUCK IN WHAT-IFS. ❤️

ENERGY FLOODS. THOUGHTS BUZZ. READY TO EXPLODE. ❤️

✓ PANIC. MY BODY THINKS I'M IN DANGER EVEN WHEN I'M NOT.

✓ NERVOUS SYSTEM OVERLOAD. MY BRAIN AND BODY ARE WORKING OVERTIME.

THEY SHOW UP TO PROTECT ME. EVEN IF THEY GET TOO LOUD. ❤️

WHAT HELPS ME COOL DOWN:

- ❤️ TIME AND SPACE
- ❤️ SLOW BREATHS
- ❤️ SAFE PEOPLE
- ❤️ MOVEMENT
- ❤️ KIND WORDS

I'M LEARNING TO SPEAK UP EARLIER, ASK FOR SPACE, AND LET THINGS OUT SAFELY. ❤️

I LOVE YOU. I'M PROUD OF YOU FOR TRYING. ❤️

★ BIG REACTIONS CAN HAPPEN WHEN TOO MUCH IS HAPPENING INSIDE. ★  
❤️ IT'S NOT WRONG TO FEEL. IT'S OKAY TO GET HELP. ❤️



# WHAT HELPS ME FEEL SAFER?

I WANT INDEPENDENCE, BUT I STILL NEED HELP SOMETIMES. THESE THINGS HELP ME FEEL SAFE, SUPPORTED, AND IN CONTROL. ❤️

WITH THE RIGHT SUPPORT, YOU CAN GROW CONFIDENT AND CAPABLE. ❤️

★ HERE ARE 10 WAYS SUPPORT CAN HELP ME WHEN I WANT INDEPENDENCE BUT STILL NEED HELP.

## 1 ASK BEFORE HELPING.

DO YOU WANT SOME HELP, OR DO YOU WANT TO TRY FIRST?

IT SHOWS RESPECT AND HELPS ME STAY IN CONTROL. ❤️

## 2 LET ME TRY FIRST.

I'LL BE HERE IF YOU GET STUCK.

## 3 ONE STEP AT A TIME.

LET ME TRY FIRST.

SMALL CHOICES HELP ME FEEL HEARD AND IN CHARGE. ❤️

## 5 USE A CHECKLIST.

A PLAN HELPS ME STAY ON TRACK.

IT HELPS ME STAY ON TRACK AND FEELS LIKE I'M IN CONTROL. ❤️

## 8 GIVE ME PRIVACY.

KNOCK AND WAIT. I'LL CALL IF I NEED YOU.

PRIVATE SPACE HELPS ME FOCUS AND FEEL SAFE. ❤️

## 9 TAKE BREAKS.

IT'S OKAY TO STRUGGLE. WE CAN FIGURE IT OUT TOGETHER.

CALM SUPPORT HELPS ME RESET INSTEAD OF SHUT DOWN. ❤️

## 10 PRAISE EFFORT, NOT PERFECTION.

I'M PROUD OF HOW HARD YOU WORKED, NOT JUST THE RESULT.

THIS BUILDS MY CONFIDENCE AND KEEPS ME TRYING. ❤️

## MY FEELING CREW IS BACKING ME UP!

**LUMPCLOUD**



IT'S OKAY TO TAKE THINGS SLOW. ❤️

**PANIKIT**



I CAN HANDLE HARD THINGS. ❤️

**FIZZLET**



I STAY COOL I KEEP GOING. ❤️

**REPLAYMOTH**



I LEARN AND I GROW. ❤️

★ SUPPORT FEELS BEST WHEN IT HELPS ME GROW, NOT WHEN IT TAKES OVER. ❤️



# INDEPENDENCE CAN GROW WITH SUPPORT!

I DON'T HAVE TO DO EVERYTHING ALONE. SUPPORT HELPS ME LEARN, TRY, AND BECOME MORE CONFIDENT EVERY DAY. ❤️

★ HERE'S HOW SUPPORT HELPS MY INDEPENDENCE



## 1. I CAN ASK FOR HELP.



ASKING FOR HELP IS A STRENGTH. IT HELPS ME LEARN. ❤️

## 2. I CAN DO PARTS MYSELF.



I TRY WHEN I CAN.

## 4. I TAKE BREAKS.



A BREAK HELPS ME RECHARGE. ❤️

REST IS IMPORTANT. I TAKE BREAKS.



I DID IT—WITH SUPPORT! I'M GROWING. ❤️

I FEEL PROUD OF MY PROGRESS. EVERY STEP COUNTS. ❤️

**SAMPLE**

## IN MIND: ★



EVERY STEP COUNTS. IT DOESN'T FEEL LIKE I'M RUSHING.



SUPPORT GIVES ME THE TOOLS AND CONFIDENCE TO STAND ON MY OWN. ❤️



I DON'T NEED TO RUSH. I TRUST MY JOURNEY AND MY GROWTH. ❤️

## MEET MY FEELING CREW—THEY CHEER ME ON! ★

LUMPCLOUD



REMINDS ME IT'S OKAY TO REST AND TAKE THINGS SLOW. ❤️

PANIKIT



CALMS MY WORRIES WHEN I ASK FOR HELP. ❤️

FIZZLET



CHEERS ME ON AND BELIEVES IN MY ABILITIES! ❤️

REPLAYMOTH



HELPS ME LEARN FROM EACH STEP I TAKE. ❤️

BUZZJAW



MOTIVATES ME TO KEEP GOING AND STAY FOCUSED! ❤️

## MY PROMISE TO MYSELF:

- ★ I WILL ASK WHEN I NEED HELP
- ★ I WILL DO MY PART
- ★ I WILL TAKE CARE OF MYSELF
- ★ I WILL KEEP GROWING
- ★ I WILL TRUST MY JOURNEY



SUPPORT PLANTS THE SEEDS— I TAKE ROOT— I GROW STRONG! ❤️



I CAN NEED HELP AND STILL BECOME MORE INDEPENDENT EVERY DAY. ❤️

# FAMILY ARGUMENTS CAN FEEL BIG!

Sometimes, when my family argues, it feels loud, sudden, confusing, and scary. My brain and body go into protect mode. I'm not being too sensitive. I'm just trying to stay safe. ❤️

YOU NEVER LISTEN!

I'M TIRED OF DOING EVERYTHING ALONE!

★ HERE'S HOW IT CAN FEEL FOR

LOUD SOUNDS HURT.

SUDDEN CHANGES SCARE ME.

I GET



VOICES GET LOUD. MY EARS RING. MY HEART BEATS FAST. ❤️

THIN

...RTS. MY STOMACH FEEL LIKE I NEED TO GET AWAY OR HIDE. ❤️



BRINGS HEAVY FEELINGS. MAKES EVERYTHING FEEL SUPER HEAVY. ❤️

FIZZLET

THOUGHTS BUZZ FAST. I CAN'T STOP THINKING ABOUT IT. ❤️

★ CAN HELP RIGHT NOW ★

MY EARS.

CALM MY BODY.

IT'S NOT MY FAULT.



IT'S OKAY TO TAKE SPACE. I CAN GO TO MY SAFE PLACE. ❤️

THIS HELPS SOFTEN THE SOUND AND HELPS MY BRAIN CALM. ❤️

DEEP BREATHS. TIGHT HUGS. COUNTING. THESE HELP ME FEEL MORE IN CONTROL. ❤️

BREATHE IN  
4  
HOLD  
4  
BREATHE OUT  
4

I AM NOT THE PROBLEM. I DESERVE TO FEEL SAFE AND BE OKAY. ❤️

ADULTS HAVE BIG FEELINGS TOO. THEIR ARGUMENT IS NOT BECAUSE OF ME.

I'M HERE. I SEE YOU. YOU ARE NOT ALONE. ❤️

YOU DON'T HAVE TO FIX THIS. I'VE GOT YOU. ❤️

★ FAMILY ARGUMENTS ARE REAL. THEY CAN FEEL BIG. BUT I HAVE TOOLS. I HAVE PEOPLE. I AM STRONGER THAN I KNOW. ★

★ I AM ENOUGH. ★

★ I AM ALLOWED TO FEEL. I AM ALLOWED TO NEED SPACE. I AM ALLOWED TO BE ME. ★

# SOMETIMES ARGUMENTS FEEL LIKE TOO MUCH.

ARGUMENTS CAN TRIGGER MY SENSES, MY THOUGHTS, AND MY WORRIES—all at once. MY BODY GOES INTO OVERWHELM. ❤️

★ HERE ARE SOME THINGS THAT TRIGGER ME DURING

LOUD VOICES HURT MY EARS. ⚡

PEOPLE TALKING OVER EACH OTHER IS CONFUSING. 🗣️

DOORS BANGING THINGS SLAMMING

EVENTS G. ⚡

IT CAN FEEL PAINFUL AND OVERWHELMING. ❤️

YOU NEVER! YOU ALWAYS!  
I SAID—  
I SAID—

THAT'S NOT TRUE!  
LISTEN TO ME!

...RED AND MY GOES ON ALERT. ❤️

I FEEL STUCK IN THE M...

TAKE MY SIDE!

...ING MAKES MY WORRIES GROW BIGGER. ❤️

WORRY IT'S MY FAULT. 🌟

DID I DO SOMETHING WRONG?  
IF I WAS DIFFERENT THEY WOULDN'T ARGUE.

AM I THE PROBLEM?

I BLAME MYSELF AND IT HURTS SO MUCH. ❤️



...URING ARGUMENTS AND MAKE EVERYTHING FEEL BIGGER. ☆

FEEL...

WORRIES ABOUT WHAT COULD GO WRONG. I'M NOT READY! ❤️

BRINGS HEAVY FEELINGS AND MAKES EVERYTHING FEEL TOO MUCH. ❤️

REPLAYMOTH

REPLAYS WORDS AND MOMENTS IN MY HEAD. I CAN'T SWITCH OFF. ❤️

FIZZLET

OVERLOADS MY BRAIN WITH TOO MANY SOUNDS, THOUGHTS, AND FEELINGS. ❤️

BUZZJAW

FRUSTRATED AND TENSE WHEN THINGS FEEL UNFAIR OR OUT OF CONTROL. ❤️

THIS IS OVERWHELM, NOT BAD BEHAVIOUR. ❤️

- ★ MY BRAIN IS DOING ITS BEST.
- ★ MY BODY IS TRYING TO PROTECT ME.
- ★ I AM NOT TRYING TO BE DIFFICULT.
- ★ I AM DOING THE BEST I CAN.

- WHAT CAN HELP? ❤️
- ❤️ FIND A SAFE SPACE
  - ⭐ USE CALMING TOOLS
  - ❤️ TAKE SLOW BREATHS
  - ❤️ ASK FOR A BREAK
  - ❤️ REMEMBER: IT'S NOT YOUR JOB TO FIX THE ARGUMENT.

I AM ALLOWED TO TAKE CARE OF MYSELF.

YOU ARE NOT ALONE. YOU ARE ENOUGH. ❤️

# WHEN MY FEELINGS BURST OUT.

WE'RE NOT SHOUTING AT YOU!

THIS ISN'T ABOUT YOU!

FAMILY ARGUMENTS CAN OVERWHELM MY BRAIN, MY BODY AND MY HEART. IT'S NOT ON PURPOSE. IT'S OVERLOAD. ❤️

## WHEN ARGUMENTS HAPPEN, MY NERVOUS SYSTEM GOES INTO OVERLOAD.

VOICES GET LOUDER.

MY BODY REACTS.

I WANT TO ESCAPE.

I GO SILENT.

MY FEELINGS GO LOUD.



EVEN NORMAL VOICES CAN FEEL LIKE SHOUTING. ❤️

HEART RACES. TUMMY HURTS. MUSCLES TENSE. BREATHING GETS HARD. ❤️

I PUSH THEM AWAY. I SNAP.

I GO SILENT.

MY FEELINGS GO LOUD.

## WHAT IT ISN'T:

NOT NAUGHTY. NOT ATTENDING.

MY NERVOUS SYSTEM IS IN OVERLOAD.

NOT DISRESPECT.

NOT DENYING.

HE SPEAKS TOO FAST. MY BRAIN HITS PAUSE. ❤️

FIGHT, FLIGHT, FREEZE. IT'S NOT A CHOICE. ❤️

WITH SPACE AND TIME, I CAN RESET. ❤️

## HE DOESN'T PUSHES CONNECTION OVER CORRECTION.

HE GIVES ME SPACE.

HE CHECKS IN, NOT PUSHES.

WE RESET TOGETHER.

HE TALKS TO ME. ❤️

I'LL GIVE YOU SPACE. I'M HERE WHEN YOU'RE READY.

I'M PROUD OF YOU FOR TAKING SPACE. ❤️

THANKS FOR UNDERSTANDING, DAD. ❤️

HE SEES MY STRESS, NOT JUST MY BEHAVIOUR. ❤️

HE HELPS MAKE THE SPACE CALMER. ❤️

HE TRUSTS ME TO RESET. ❤️

HE CONNECTS WITH KINDNESS, NOT QUESTIONS. ❤️

## WHAT CAN HELP WHEN FAMILY ARGUMENTS HAPPEN:

USE A SIGNAL.

TAKE SPACE.

USE CALMING TOOLS.

BREATHE. GROUND. FOCUS.

WRITE OR DRAW.

REMEMBER: IT PASSES.



I NEED A BREAK.

PLEASE KNOCK

IN... OUT... I'VE GOT THIS.

A WORD OR GESTURE CAN HELP OTHERS UNDERSTAND. ❤️

A SAFE SPACE HELPS ME RESET. ❤️

SENSORY TOOLS CAN CALM MY BODY. ❤️

SMALL STEPS HELP ME COME BACK. ❤️

GETTING IT OUT HELPS MY BRAIN CLEAR. ❤️

FEELINGS ARE BIG—BUT THEY DON'T LAST FOREVER. ❤️

MY FEELINGS ARE POWERFUL—AND THAT'S OKAY. I AM LEARNING. I AM GROWING. I AM NOT MY MELTDOWN. I AM MORE THAN ENOUGH.



# WHAT HELPS ME FEEL SAFER?

FAMILY ARGUMENTS CAN FEEL SCARY AND OVERWHELMING. THESE TOOLS HELP ME FEEL SAFE, CALM, AND REMEMBER: IT'S NOT MY FAULT. ❤️

ARGUMENTS ARE HARD. BUT SUPPORT HELPS. ❤️

8DHD

1 LOWER VOICES.

LET'S KEEP OUR VOICES LOW. ❤️

QUIETER VOICES HELP MY NERVOUS SYSTEM FEEL SAFE.

2 ONE PERSON SPEAKS AT A TIME.

I'LL GO FIRST. THEN IT'S YOUR TURN. ❤️

IT HELPS ME FOCUS IT'S MY TURN.

3 TELL ME NOT

4 LET ME GO TO MY ROOM.

I NEED SPACE PLEASE. ❤️

A SAFE

5 HEAD

BUDDY HELPS ME FEEL SAFE AGAIN. ❤️

HIS CUDDLES HELP MY BODY SLOW DOWN AND FEEL BETTER.

7

SHOW ME UNDER

SIP WATER. BREATHE SLOW. ❤️

MY BODY CALMS DOWN. MY MIND FOLLOWS.

9 EXPLAIN WHEN THINGS ARE CALM.

WHEN WE'RE CALM, I'LL EXPLAIN WHAT HAPPENED. ❤️

I UNDERSTAND BETTER WHEN I'M NOT OVERWHELMED.

10 KEEP THE ROUTINE A

BEDTIME, MEALS, SCHOOL. SAME PLAN. ❤️

FAMILIAR ROUTINES HELP ME FEEL GROUNDED AND SAFE.

11 ASK BEFORE TOUCHING.

CAN I GIVE YOU A HUG? ❤️

MY BODY, MY CHOICE. ASKING HELPS ME FEEL SAFE.

12 TIME TO RESET.

I GET TIME TO RESET. THEN I CAN TRY AGAIN. ❤️

REST HELPS ME RECOVER AND BE READY FOR WHAT'S NEXT.

YOU ARE DOING YOUR BEST. ❤️

HELP, KINDNESS, AND UNDERSTANDING MAKE A BIG DIFFERENCE. YOU ARE SAFE. YOU ARE ENOUGH. YOU MATTER.

YOU ARE NOT ALONE. ❤️

8DHD

# AFTER THE ARGUMENT, I STILL NEED CARE.

I NEED SPACE TO CALM MY BODY, MY BRAIN, AND MY HEART. ❤️

ARGUMENTS ARE HARD. REPAIR AND RECOVERY HELP ME FEEL SAFE AND LOVED. ❤️

## ★ AFTER AN ARGUMENT, IT'S OKAY

BE IN MY SAFE SPACE.

LET MY FEELINGS OUT.

KNOW IT'S

IR.

MY SPACE HELPS ME RESET AND FEEL SAFE. ❤️

IT'S

...S CALM DOWN, ... CAN FIX THINGS. ❤️

### 1. GENTLE CHECK-IN.

HEY, BUDDY. YOU OKAY? I'M HERE. ❤️

...AULT. ... LOVE YOU. ❤️

HEARING THIS HELPS MY HEART FEEL SAFE AGAIN. ❤️

### 4. BACK TOGETHER.

THANKS FOR GIVING ME SPACE. I'M GLAD YOU'RE MY KID. ❤️

WE CAN CONNECT WHEN I'M READY. ❤️

## ★ FEELING CREW HELPS ME SETTLE. ★

BIG FEELINGS PASS. IT'S OKAY TO REST. ❤️

I CAN LET IT OUT, THEN LET IT GO. ❤️

I DON'T HAVE TO REPLAY EVERYTHING. I CAN FOCUS ON NOW. ❤️

I CAN BREATHE, MOVE, THINK, AND CHOOSE WHAT HELPS. ❤️

I'M LOVED. I'M NOT ALONE. I'M SAFE. ❤️

### HELPFUL REMINDERS

- ★ I AM NOT THE CAUSE OF EVERY LOUD FEELING.
- ★ IT HELPS WHEN ADULTS REPAIR AFTER CONFLICT.
- ★ MY NEED FOR SPACE IS VALID.
- ★ I CAN COME BACK WHEN I AM READY.
- ★ BIG FEELINGS CAN SETTLE. ❤️

EACH TIME WE REPAIR, I FEEL STRONGER, BRAVER, AND MORE SECURE. ★

- I CAN COUNT ON:
- ❤️ MYSELF
  - 💙 MY FAMILY
  - 💚 MY SAFE SPACE
  - 💜 MY TOOLS
  - 💗 MY FEELING CREW
  - 💛 MY FUTURE
- I'VE GOT THIS. ❤️

★ I AM ALLOWED TO FEEL. I AM ALLOWED TO HEAL. ★  
★ I AM ALLOWED TO TAKE CARE. I AM ENOUGH. ALWAYS. ★



# SCREENS, SLEEP AND SHUTDOWN CAN FEEL BIG!

AT NIGHT, COMING OFF SCREENS CAN FEEL REALLY HARD. ❤️

★ YOUR BRAIN, BODY AND FEELINGS DON'T SWITCH OFF EASILY.

**1** YOUR BRAIN IS STILL SWITCHED ON.

THOUGHTS KEEP BUZZING. IT'S HARD TO SLOW DOWN.

**2** THE SCREEN IS VERY INTERESTING.

MY BRAIN PROTESTS. IT FEELS LIKE MY PLAN GETS CANCELLED. ❤️

# SAMPLE

MY BRAIN WANTS TO...

MY BRAIN PROTESTS. IT FEELS LIKE MY PLAN GETS CANCELLED. ❤️

LOOK ON

I JUST GOT ANOTHER IDEA!

WORRIES ABOUT WHAT'S NEXT.

WHAT IF TOMORROW IS TOO HARD?

SHOW UP! ★

LUMPCLOUD

BRINGS HEAVY, TIRED FEELINGS.

MY BODY FEELS SO HEAVY.

BUZZJAW

GETS FRUSTRATED AND OVERWHELMED.

I HATE BEING TOLD WHAT TO DO!

**YOU ARE NOT ALONE.**  
 SCREENS, SLEEP AND SHUTDOWN CAN FEEL BIG—ESPECIALLY FOR ADHD AND AUTISTIC BRAINS. ❤️

WE CAN FIND A WAY THAT WORKS FOR YOU. ❤️

- REMEMBER:**
- ★ YOUR BRAIN IS AMAZING.
  - ★ YOUR FEELINGS ARE REAL.
  - ★ SMALL CHANGES CAN HELP.
  - ★ YOU DESERVE REST.
  - ★ YOU MATTER. ❤️

★ THIS IS HARD—AND YOU'RE STILL DOING YOUR BEST. THAT'S ENOUGH. ❤️

# WHY SCREENS CAN FEEL HARD TO LEAVE

MY ADHD & AUTISTIC BRAIN HAS LOTS OF AMAZING STRENGTHS—BUT AT NIGHT, SCREEN TIME CAN GET STICKY. HERE'S WHY. ❤️



## ★ HERE'S WHY MY BRAIN STRUGGLES TO SWITCH OFF AT NIGHT

**1** HYPERFOCUS CAN PULL ME IN DEEP.

I GET SO FOCUSED, TIME DISAPPEARS. ❤️

HYPERFOCUS FEELS GOOD—IT'S REWARDING AND HARD TO BREAK OUT OF. ❤️

**2** "JUST ONE MORE..." KEEPS THE LOOP GOING.

ONE MORE VIDEO. ONE MORE LEVEL. ❤️

**4** MY BRAIN STAYS ALERT WHEN I'M STIMULATED.

...JARRING—ESPECIALLY ...NTS SLOWER STEPS. ❤️

...AYS AFTER.

I KEEP THINKING ABOUT WHAT I WATCHED OR PLAYED. ❤️

REPLAYING STORIES, PLANS, OR WINS KEEPS MY MIND ACTIVE INSTEAD OF CALM. ❤️

**7** ...Y CONTROL OVER ...HEN I STOP.

IT'S THAT "TIRED BUT CAN'T SWITCH OFF" FEELING. ❤️

I DON'T MIND STOPPING—IF I GET TO CHOOSE WHEN I'M READY. ❤️

HAVING A CHOICE AND A PLAN HELPS ME FEEL SAFE AND IN CONTROL. ❤️

★★ WHAT CAN HELP? ★★

- ★ DIM LIGHTS AND LOWER BRIGHTNESS 📡
- ★ SLOW DOWN BEFORE BED 🐌
- ★ GIVE YOUR BRAIN NOTICE AND TIME ⌚
- ★ CHOOSE GENTLE, CALM CONTENT ❤️
- ★ CREATE A COMFY, RESET ROUTINE 🛏️

✔️ SMALL CHANGES. BIG DIFFERENCE. ❤️

MY FEELING CREW GETS IT.

**REPLAYMOTH**

I HELP YOU LEARN AND REMEMBER—BUT I CAN ALSO OVERTHINK.

**FIZZLET**

I BRING ENERGY AND EXCITEMENT—I CAN BE A LOT!

**PANIKIT**

I WORRY ABOUT WHAT IF...? AND THE UNKNOWN.

**LUMPCLOUD**

I SHOW UP WHEN YOU FEEL OVERWHELMED. AND CAN'T REST.

**BUZZJAW**

I NEED STRONG INPUT TO FEEL SATISFIED—AND I GET LOUD.

**YOU'RE NOT BROKEN. YOUR BRAIN IS BRILLIANT—IT JUST NEEDS SUPPORT.** ❤️

# WHEN SHUTDOWN STARTS

SCREENS, TIREDNESS, AND TRANSITIONS CAN PILE UP AND OVERWHELM MY BRAIN AND BODY. THIS IS MY NERVOUS SYSTEM SAYING: "TOO MUCH, NEED SPACE." ❤️

I WAS FINE A MINUTE AGO... THEN IT JUST BUILDS UP. ❤️

## ★ IT CAN LOOK LIKE THIS: ★

BEING TOLD TO GET OFF THE SCREEN...



TIME TO GET OFF NOW.  
EVEN WHEN IT'S FAIR. ❤️

SUDDEN ANGER OR PANIC...



MY BODY REACTS... I CAN'T...

GOING QUIET OR FROZEN.



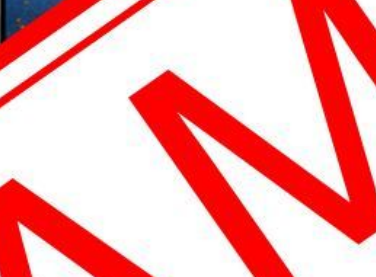
...S OR... VE... ❤️

SNAPPING: "NOT YET!"



NOT YET! ❤️

FEEL...



...MY FEELS OVERLOADED... ❤️

...LEAVE TO COOL DOWN AND RESET. ❤️

MY BRAIN, HEART, AND BODY ALL SAY: "TOO MUCH." ❤️

## ...AND LOWERING THE PRESSURE. ★

...S OKAY. WE CAN TAKE A BREAK. ❤️

HE KNOWS IT'S OKAY... NOT ON PURPOSE.

SOFTER WORDS HELP MY BODY FEEL SAFE. ❤️

OFFER CHOICES AND SPACE.

CHOOSE: SPACE, MUSIC, OR A HUG? ❤️

CHOICES HELP ME FEEL IN CONTROL AGAIN. ❤️

GIVE TIME. DON'T RUSH THE RESET.

TIME AND PATIENCE HELP ME REGULATE AND RECOVER. ❤️

MEET MY FEELING CREW DURING SHUTDOWN:

**BUZZJAW**

FRUSTRATION BUILDS WHEN MY NEEDS ARE MISSED. ❤️

**PANIKIT**

PANIC TAKES OVER WHEN EVERYTHING FEELS TOO MUCH. ❤️

**REPLAYMOTH**

MY MIND KEEPS LOOPING AND CAN'T SWITCH OFF. ❤️

**FIZZLET**

THOUGHTS BUZZ FAST. MY BRAIN FEELS LIKE STATIC. ❤️

**LAMPCLLOUD**

EXHAUSTION PULLS ME DOWN. I NEED REST. ❤️

REMEMBER: THIS IS NOT BAD BEHAVIOUR. THIS IS OVERWHELM. I'M DOING MY BEST TO GET THROUGH IT. ❤️

I'M NOT TRYING TO MAKE THINGS HARD. I'M TRYING TO HANDLE TOO MUCH. KINDNESS, SPACE, AND TIME HELP ME COME BACK.



# WHAT HELPS ME FEEL SAFER AT NIGHT?

MY BRAIN LIKES SCREENS. BUT THEY CAN MAKE IT HARDER TO SLEEP. THESE IDEAS HELP ME COME OFF SCREENS, CALM DOWN, AND GET READY FOR REST. ❤️



★ SMALL CHANGES. BIG DIFFERENCE. YOU'VE GOT THIS

**1** 10-MINUTE WARNING.

10 MINUTES LEFT!

A HEADS-UP HELPS MY BRAIN GET READY TO SWITCH. ❤️

**2** LAST TURN OR SAVE POINT.

LEVEL COMPLETE!

FINISH A NATURAL STOP. IT HELPS ME LET GO. ❤️

**3** DIM THE SCREEN OR LIGHTS.

SOMETHING FAMILIAR HELPS ME FEEL OKAY. ❤️

**4** CHARGE FROM THE NEXT.

A SMALL SIP CAN HELP ME RESET AND RELAX. ❤️

**6** CALM ACTIVITY AFTER SCREEN.

PUTTING WORRIES HELPS MY BRAIN LET GO. ❤️

**7** HEADPHONES WHEN I HEAR MY VOICE.

KNOWING WHAT TO EXPECT HELPS ME FEEL SAFE. ❤️

**14** ONE STEP AT A TIME.

ONE STEP. THEN THE NEXT.

KIND WORDS HELP MY BRAIN AND BODY CALM. ❤️

**15** YOU STAY CLOSE UNTIL I'M ASLEEP.

I'LL SIT WITH YOU.

SMALL STEPS HELP ME GET WHERE I NEED TO GO. ❤️

**15** YOU STAY CLOSE UNTIL I'M ASLEEP.

SIP. BREATHE. RESET.

KNOWING YOU'RE NEAR HELPS ME FEEL SAFE. ❤️

**14** ONE STEP AT A TIME.

I'M HERE. NO NEED TO HURRY.

KNOWING YOU'RE NEAR HELPS ME FEEL SAFE. ❤️

**14** ONE STEP AT A TIME.

I'M HERE. NO NEED TO HURRY.

KNOWING YOU'RE NEAR HELPS ME FEEL SAFE. ❤️

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**14** ONE STEP AT A TIME.

I'M HERE. NO NEED TO HURRY.

KNOWING YOU'RE NEAR HELPS ME FEEL SAFE. ❤️

★ OFF SCREENS. INTO SLEEP. MY BODY AND BRAIN GET THE REST THEY NEED. ❤️ ★

- MY BEDTIME ESSENTIALS:**
- ✓ LOW LIGHTS
  - ✓ QUIET SOUNDS
  - ✓ COMFORT ITEMS
  - ✓ COLD DRINK
  - ✓ ROUTINE
  - ✓ KIND WORDS
  - ✓ TIME TO RESET

I DESERVE REST.  
I DESERVE TO FEEL SAFE.  
I CAN COME OFF SCREENS.  
I CAN GET TO SLEEP.



- WHEN I'M READY, I WILL:**
- ❤️ COME OFF SCREENS
  - ❤️ DO MY ROUTINE
  - ❤️ CALM MY BODY
  - ❤️ CALM MY MIND
  - ❤️ REST AND RESET

★ SCREEN TIME ENDS. SAFE TIME BEGINS. I AM PROUD OF MYSELF. I CAN DO THIS. I WILL SLEEP. I WILL WAKE UP FEELING STRONGER. ★

# REST HELPS ME COME BACK

AFTER BIG FEELINGS, REST IS MY RESET. IT HELPS MY BODY, MY BRAIN, AND MY HEART HEAL AND GROW. ❤️

## ★ HERE'S WHAT I KNOW

1 NEEDING HELP AT BEDTIME IS OKAY.

2 SLEEP DIFFICULTIES ARE REAL.

I CAN USE WHAT HELPS ME FEEL SAFE AND SETTLED. ❤️

BRAIN NEED TIME AND RECHARGE. ❤️

4 RECOVERY HELPS MY BRAIN

SMALL STEPS STILL COUNT.

ONE STEP. THEN. ANOTHER.

HAVE TO KEEP TRYING.

BEGIN AGAIN. I CAN GROW AGAIN. ❤️

EVEN SMALL CHOICES HELP ME MOVE FORWARD. ❤️

## ★ MY RESTING CREW—THEY'RE ALWAYS HERE. ★

LUMPCLE

FIZZLET

REPLAYMOTH

BUZZJAW

BUDDY

IT'S OKAY TO REST. I'LL SIT WITH YOU. ❤️

BIG FEELINGS COME AND GO. YOU GOT THIS. ❤️

BREATH IN. BREATH OUT. YOU'RE DOING GREAT. ❤️

YOU'RE LEARNING. YOU'RE GROWING. YOU'RE ENOUGH. ❤️

BRAVE CHOICES MATTER. KEEP IT UP, BUDDY. ❤️

I'M HERE. ALWAYS. FOREVER YOUR SIDEKICK. ❤️

### MY REST PLAN:

- 🕒 I GO TO BED ON TIME (MOST NIGHTS).
- 🎧 I USE MY COMFORT ITEMS.
- 📵 I KEEP SCREENS OFF BEFORE BED.
- 🌟 I AM KIND TO MYSELF.
- 💖 I TRUST THAT REST HELPS ME.

DEAR FUTURE ME,

YOU ARE DOING BETTER THAN YOU THINK. KEEP RESTING. KEEP TRYING. KEEP GOING. I BELIEVE IN YOU.

### TODAY I CHOOSE:

- ✓ REST OVER RUSH
- ✓ KINDNESS OVER CRITICISM
- ✓ PATIENCE OVER PRESSURE
- ✓ RECOVERY OVER PERFECTION
- ✓ LOVE OVER ALL ❤️

★ ❤️ I AM ALLOWED TO REST. I AM ALLOWED TO RESET. RECOVERY HELPS ME COME BACK. ❤️ ⚡ 🐾

# MY BEDROOM CAN FEEL LIKE A RECOVERY CAVE!

SOMETIMES, WHEN I FEEL OVERWHELMED, MY BEDROOM IS THE PLACE THAT HELPS ME RESET. SILENCE, SPACE, AND CONTROL HELP MY BRAIN AND BODY RECOVER. ❤️

I FEEL OVERWHELMED. I NEED A RESET.

YOUR BEDROOM CAN BE YOUR RECOVERY CAVE. YOU'VE GOT THIS. ❤️

## MY BEDROOM HELPS ME

WHEN EVERYTHING FEELS TOO LOUD

MY ROOM FEELS FAMILIAR

SOUNDS AND

THINGS IN MY ROOM PLACE HELPS ME FEEL READY AND CALM. ❤️

SMALL CHOICES HELP ME FEEL IN CONTROL—AND THAT HELPS ME RESET. ❤️

GET TOO MUCH—BUT THEY HELP ME GET THROUGH IT. ☆

BRINGS HEAVY FEELINGS. SOMETIMES EVERYTHING FEELS TOO MUCH. ❤️

WORRIES ABOUT WHAT COULD GO WRONG. I'M NOT READY! ❤️

REPLAYS PAST THINGS IN MY HEAD. HARD TO SWITCH OFF. ❤️

THOUGHTS BUZZ FAST AND DON'T STOP. TOO MANY IDEAS! ❤️

MY LOYAL SIDEKICK. CUDDLES, CALM, AND ALWAYS BY MY SIDE. ❤️

### MY RECOVERY CAVE RULES:

- ☆ SILENCE WHEN I NEED IT
- ☆ SPACE TO BREATHE
- ☆ CONTROL OVER MY CHOICES
- ☆ KINDNESS TO MYSELF



MY BEDROOM ISN'T JUST A ROOM—IT'S WHERE I RECOVER, RESET, AND FIND MY BALANCE. ❤️

I DON'T NEED TO BE "FIXED." I NEED SUPPORT, UNDERSTANDING, AND SPACE TO BE ME. ❤️

MY BEDROOM CAN BE MY RECOVERY CAVE. ☆ ☆ ☆

I AM ALLOWED TO REST. I AM ALLOWED TO RESET. I AM ALLOWED TO BE ME. ☆ ☆ ☆

# SOMETIMES I NEED TO HIDE AWAY FOR A BIT.

IT'S NOT BECAUSE I DON'T LIKE YOU OR I'M BEING RUDE. IT'S BECAUSE I NEED TIME TO REGULATE AND RECOVER. ♡

YOU DON'T HAVE TO PUSH THROUGH. IT'S OKAY TO TAKE A BREAK. ♡

## ★ SOMETIMES EVERYTHING FEELS LIKE TOO MUCH. ★

**OUTSIDE NOISE FEELS TOO LOUD.**

HONK! BEEP! VROOM!

SIRENS, TRAFFIC, PEOPLE TALKING... IT ALL HITS AT ONCE. ♡

**TOO MANY QUESTIONS.**

WHAT'S FOR DINNER?  
WHERE ARE YOUR SHOES?  
DID YOU DO YOUR HOMEWORK?  
WHAT TIME IS IT?  
WHAT ARE YOU DOING?

MY BRAIN CAN ONLY HOLD SO MUCH AT A TIME. ♡

**SOCIAL EXHAUSTION.**

I'M TIRED.

**MY BRAIN FEELS BUZZY.**

THOUGH... I'M TRYING TO... ♡

**LOWER LIGHT HELPS MY BRAIN.**

**HELPFUL TIPS:**

METER SOUNDS HELP ME RESET.

SOFT MUSIC. WHITE NOISE. SILENCE IS OKAY TOO. ♡

LAVENDER. CLEAN SHEETS. MY ROOM, MY SCENT. ♡

**MY SPACE. MY CHOICE. MY PRIVACY.**

DO NOT DISTURB I'M RESETTING THANK YOU ♡

I CAN BE MYSELF WITHOUT EXPLAINING EVERYTHING. ♡

# SAMPLE

**HIDEAWAY IS NOT...**

- NOT BEING DRAMATIC. I STILL CARE ABOUT YOU. ❌
- NOT DRAMATIC. MY FEELINGS ARE REAL. ❌
- NOT A CHOICE TO HURT YOU. IT'S A CHOICE TO HELP ME. ❌

**...BUT IT IS ACTUALLY...**

- ✓ A WAY TO REGULATE. I TAKE A BREAK SO I CAN BE MY BEST LATER.
- ✓ A WAY TO RECOVER. MY BODY AND BRAIN RECHARGE HERE.
- ✓ A WAY TO SHOW SELF-CARE. I'M LEARNING WHAT I NEED AND HONORING IT.

**SO IF I SAY...**

I NEED SOME TIME IN MY ROOM.

PLEASE KNOW... I'M NOT TRYING TO PUSH YOU AWAY. I'M TRYING TO TAKE CARE OF ME.

THANK YOU FOR UNDERSTANDING. YOUR PATIENCE HELPS ME FEEL SAFE TO BE MYSELF. ♡

**WHEN I'M READY, I WILL:**

- ♡ COME OUT WHEN I FEEL BETTER
- ♡ LET YOU KNOW HOW I FEEL
- ♡ TRY AGAIN
- ♡ KEEP GROWING TOGETHER

WE'RE A TEAM. ♡

★ ♡ IT'S OKAY TO NEED A BREAK. IT'S OKAY TO TAKE CARE OF YOU. YOU MATTER. YOUR NEEDS MATTER. ♡ ★ ⚡ ★ 🐾

# WHAT RECOVERY CAN LOOK LIKE.

AFTER OVERWHELM, MY RECOVERY CAVE IS MY SAFE PLACE TO RESET AND REGULATE. ❤️

I NEED TIME TO TAKE CARE OF MYSELF FIRST. THEN I CAN SHOW UP AGAIN. ❤️

## ★ MY RECOVERY CAVE STEPS: ★

1 CLOSE THE DOOR.



IT'S OKAY TO TAKE SPACE. ❤️

2 DIM THE LIGHTS.



DARKNESS CAN CALM MY BRAIN. ❤️

3 GET UNDER MY BLANKET.



4 PUT ON HEADPHONES.



## ★ THEN I REST

I LIE DOWN.



REST IS NOT... IT'S NE...

I DON'T WANT TO...



...S CAN... WHHELMING. ❤️

...S THE RIGHT THING.



... KNOWS SPACE NOW HELPS LATER. ❤️

I'M HERE WHEN YOU'RE READY. ❤️

SUPPORT DOESN'T MEAN FIXING. IT MEANS STAYING. ❤️

## ★ I CAN DO MANY THINGS. ★

...UCH.



SILENCE... MY BRAIN RE...



MY BODY, MY CHOICE. I GET TO DECIDE. ❤️

NEEDING THE SAME ROUTINE.



ROUTINE CREATES SAFETY AND STABILITY. ❤️

NEEDING TIME ALONE.



TIME ALONE HELPS ME COME BACK TO ME. ❤️

THIS IS NOT BAD BEHAVIOUR. ❤️ THIS IS RECOVERY. ❤️ THIS IS MY NERVOUS SYSTEM RESET.

I'M LEARNING. I'M DOING MY BEST. ❤️

WHAT HELPS ME MOST:

- ★ TIME
- ★ KINDNESS
- ★ PATIENCE
- ★ UNDERSTANDING
- ★ SPACE TO RESET



REMEMBER:

- ❤️ MY FEELINGS ARE REAL.
- ❤️ MY RECOVERY IS VALID.
- ❤️ MY BOUNDARIES MATTER.
- ❤️ I AM NOT ALONE.
- ❤️ I AM ENOUGH.



TO MY SUPPORT CREW:

YOU DON'T HAVE TO FIX ME. JUST BE THERE. YOUR PATIENCE HELPS ME FIND MY WAY BACK. ❤️



★ ★ ★ RECOVERY ISN'T LINEAR. BUT EVERY STEP COUNTS. ❤️ I AM WORKING ON ME. AND THAT IS ENOUGH. ★

# WHAT HELPS MY RECOVERY CAVE FEEL SAFE?

MY RECOVERY CAVE IS MY SPACE. THESE THINGS HELP ME FEEL CALM, IN CONTROL AND SAFE. ❤️

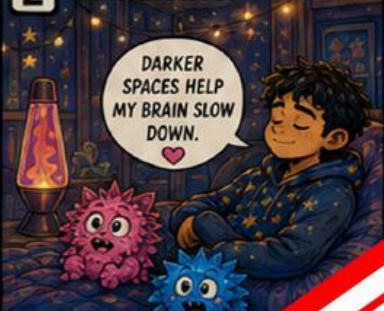
## 1 HEADPHONES OR EAR DEFENDERS.



LESS NOISE. MORE PEACE. ❤️

THE RIGHT SOUND LEVEL HELPS ME STAY CALM. ❤️

## 2 LOW LIGHTS.



DARKER SPACES HELP MY BRAIN SLOW DOWN. ❤️

SOFT LIGHT HELPS ME BREATHE EASIER. ❤️

## 3 CURTAINS CLOSED.



LESS OUTSIDE. MORE INSIDE. ❤️

## 4 BLANKET.



DEEP PRESSURE HELPS ME FEEL SAFE. ❤️

## 5 FAVOURITE HOODIE OR PYJAMAS.



COMFY CLOTHES = COMFY BRAIN. ❤️

## 6 COMFORTABLE SEATING.



SOFT SEATING CAN MAKE A BIG DIFFERENCE. ❤️



FIDGET. FOCUS. RESET. ❤️

HANDS BUSY. BRAIN CALMER. ❤️



I GET TO CHOOSE WHO COMES INTO MY CAVE. ❤️



RESPECTING MY SPACE KEEPS IT SAFE. ❤️



## 11 ONE STEP AT A TIME.

I DON'T HAVE TO FIX IT ALL. JUST ONE STEP. ❤️

SMALL STEPS. BIG PROGRESS. ❤️



## 12 SAFE PLAYLIST OR WHITE NOISE.

THE RIGHT SOUNDS HELP MY BRAIN REST. ❤️

MUSIC OR WHITE NOISE = MY CALM BUTTON. ❤️



## 13 I CHOOSE WHEN I TALK.

SOMETIMES I NEED QUIET. THAT'S OKAY. ❤️

I GET TO CHOOSE WHEN I'M READY TO TALK. ❤️



## 14 LET MY ROOM STAY ORGANISED IN MY OWN WAY.

MY SPACE. MY SYSTEM. IT WORKS FOR ME. ❤️

ORDER HELPS—EVEN IF IT LOOKS DIFFERENT TO SOMEONE ELSE. ❤️

## MY RECOVERY CAVE ESSENTIALS:

- ✓ CALM
- ✓ COMFORT
- ✓ CHOICE
- ✓ CONTROL
- ✓ KINDNESS
- ✓ SPACE TO BE ME



# RECOVERY HELPS ME COME BACK.

AFTER BIG FEELINGS, I CAN TAKE THE TIME AND SPACE I NEED TO RESET. THAT'S HOW I RECOVER, REGULATE, AND COME BACK STRONGER. ♥

YOU GAVE YOURSELF SPACE. YOU DID GREAT. I'M PROUD OF YOU. ♥

YOU'RE NOT ALONE. I'M HERE WHEN YOU'RE READY. ♥

★ RECOVERY LOOKS DIFFERENT FOR EVERYONE. THESE THINGS...

**1** NEEDING SPACE IS OKAY.

I'M ALLOWED TO TAKE SPACE WHEN I NEED TO. ♥

SPACE HELPS ME FEEL LESS OVERWHELMED.

**2** SILENCE CAN BE HEALING.

SILENCE HELPS MY BRAIN SLOW DOWN. ♥

QUIETNESS HELPS ME FEEL CALM AND GROW.

**3** MY ROOM HELPS ME FEEL SAFE.

MY ROOM HELPS ME FEEL SAFE AND COMFORTABLE.

**5** I CAN COME BACK WHEN I'M READY.

YOU'VE GOT THIS. ♥

SPACE IS MY RESET BUTTON.

SEARCHING FOR SPACE IS BRAVE.

IT'S OKAY TO SPEAK UP FOR WHAT I NEED. ♥

MY NEEDS MATTER. THAT TAKES COURAGE.

SEARCHING FOR SPACE IS BRAVE.

IT'S OKAY TO SPEAK UP FOR WHAT I NEED. ♥

MY NEEDS MATTER. THAT TAKES COURAGE.

★ YOUR SUPPORT CREW—THEY'RE HERE TO SUPPORT YOU! ★

**LUMPCLOUD**

IT'S OKAY TO REST. IT'S OKAY TO TAKE UP SPACE. ♥

**PANIKIT**

YOU CAN GET THROUGH BIG FEELINGS. I BELIEVE IN YOU! ♥

**FIZZLET**

ONE BREATH. ONE STEP. YOU CAN COME BACK WHEN YOU'RE READY. ♥

**REPLAYMOTH**

YOU'RE LEARNING. YOU'RE GROWING. YOU'RE DOING GREAT. ♥

**BUZZJAW**

IT'S OKAY TO ASK FOR SPACE. THAT'S BRAVE. ♥

BEING ADHD OR AUTISTIC CAN MEAN THE WORLD FEELS LOUDER. ♥

SAFE SPACES. KIND PEOPLE. TIME TO RESET. ♥

THAT'S WHAT HELPS US COME BACK STRONGER. ♥

★ YOU ARE DOING YOUR BEST. YOU ARE LEARNING. YOU ARE ENOUGH. YOU ARE NOT ALONE. YOU CAN COME BACK. YOU WILL BE OKAY. ♥

# PUBERTY CAN FEEL BIG!

MY BODY IS CHANGING. MY BRAIN IS BUSY. MY EMOTIONS ARE ALL OVER THE PLACE.

I'M HERE WITH YOU. YOU'VE GOT THIS. ❤️

PUBERTY IS A NORMAL PART OF GROWING UP. BUT FOR A NEURODIVERGENT BRAIN, IT CAN FEEL EXTRA CONFUSING, LOUD, AND OVERWHELMING. ❤️

## ★ PUBERTY BRINGS CHANGES

### BODY CHANGES

- YOU MIGHT NOTICE...
- ★ GROWING TALLER
  - ★ MORE SWEATING
  - ★ VOICE CHANGES
  - ★ NEW BODY HAIR
  - ★ MORE HUNGER
  - ★ AND MORE!



# SAMPLE

## MEET

## YOU UNDERSTAND WHAT'S GOING ON!

BRING FEELINGS TO THE SURFACE. HE SAYS: A LOT. I NEED...

WHAT'S WRONG. SOMETHING'S OFF! I'M NOT READY!"



FIZZLET

FEELS EVERYTHING SUPER FAST. "TOO MUCH! TOO FAST! I NEED A BREAK!"



REPLAYMOTH

REPEATS THOUGHTS AND MEMORIES. "WHAT IF THIS HAPPENS AGAIN? AGAIN?"



BUZZJAW

BIG FEELINGS NEED TO GET OUT! "LET'S MOVE! LET'S STRETCH! LET'S GO!"

## IT CAN HELP TO...

- ★ LEARN WHAT'S HAPPENING
- ★ USE CALMING STRATEGIES
- ★ TALK TO PEOPLE YOU TRUST
- ★ BE KIND TO YOURSELF



I CAN TAKE A DEEP BREATH.



I CAN WRITE IT DOWN.



I CAN TALK TO MY DAD. ❤️



I CAN HANDLE HARD THINGS.

★ YOU ARE NOT ALONE. CHANGE CAN BE HARD, BUT YOU ARE STRONGER THAN YOU THINK. ★ BIG FEELINGS ARE REAL. AND YOU CAN GET THROUGH THIS. ❤️

# SOMETIMES PUBERTY FEELS LIKE TOO MUCH.

THERE'S SO MUCH HAPPENING AT ONCE. IT'S NOT BAD BEHAVIOUR. IT'S OVERWHELM.

MY BODY, MY BRAIN AND MY SENSES ARE CHANGING... AND IT CAN FEEL OVERWHELMING.

SO MANY CHANGES. SO MANY SENSES...

## MY BODY LOOKS DIFFERENT.

I DON'T RECOGNISE MYSELF SOMETIMES.

CHANGE CAN BE HARD TO GET USED TO.

## MY SKIN & HAIR CHANGE.

SPOTS, GREASE, SWEAT, BODY HAIR... IT'S A LOT.

## ODOURS FEEL STRANGE.

Wearing different clothes feels strange.

## MY MOODS SHIFT FAST.

ONE MINUTE I'M OKAY, NEXT MINUTE I'M OVER IT.

## IT FEELS LIKE TOO MUCH.

MY BODY, MY BRAIN, MY SENSES... IT STACKS UP!

WHAT I WEAR CAN HELP ME FEEL MORE IN CONTROL.

THIS IS OVERWHELM, NOT BAD BEHAVIOUR.

## THEY SHOW UP WHEN THINGS FEEL LIKE TOO MUCH.

### PANIKIT

WORRIES ABOUT CHANGE AND WHAT COULD GO WRONG.

### LUMPCLOUD

BRINGS HEAVY FEELINGS AND MAKES EVERYTHING FEEL OVERWHELMED.

### REPLAYMOTH

REPLAYS PAST THINGS ON LOOP. HARD TO SWITCH OFF.

### FIZZLET

THOUGHTS BUZZ FAST AND DON'T STOP. TOO MANY IDEAS.

### BUZZJAW

GETS FRUSTRATED WHEN THINGS FEEL BLOCKED OR UNFAIR.

THIS IS REAL. THIS IS HARD. AND YOU'RE NOT ALONE.

### WHAT CAN HELP?

- ♥ NOTICE WHAT'S TOO MUCH
- ♥ USE SMALL TOOLS THAT HELP
- ♥ TAKE BREAKS. BREATHE.
- ♥ BE KIND TO YOURSELF.
- ♥ ASK FOR HELP.

I CAN GET THROUGH THIS ONE STEP AT A TIME.

YOU GOT THIS

# WHEN FEELINGS BURST OUT!

SOMETIMES EVERYTHING FEELS TOO BIG, TOO FAST AND TOO MUCH! ❤️

it's okay to feel!

EVERYTHING IS TOO LOUD!

TOO MUCH PRESSURE!

I CAN'T TAKE IT!

MAKE IT STOP!

MY BRAIN FEELS

INSIDE THE SURGE, MY FEELING CREW ARE WORKING OVERTIME:

**BUZZJAW**

**PANIKIT**

**LUMPCLOW**

ANGER BUILDS UP. I FEEL FRUSTRATED AND TRAPPED!

MY BRAIN OVERLOADS. TOO MANY THINGS ALL AT ONCE!

# SAMPLE

IT CAN LOOK

I HATE THIS!

I NEED SPACE.

**PUSHING AWAY!**

**TEARS & BIG FEELINGS!**

**NEEDING TIME ALONE!**

WHAT IT

IT IS:

WHAT HELPS:

LET'S HELP YOUR FEELING CREW CALM DOWN TOGETHER.

YOU'RE NOT BEING NAUGHTY.

YOU'RE OVERWHELMED.

- HELP PLAN
- ❤️ BREATHE ✓
  - 🐢 SLOW DOWN ✓
  - 💡 TAKE SPACE ✓
  - 🗣️ ASK FOR HELP ✓
  - 💬 KIND WORDS ✓

**I AM LEARNING:**

- ❤️ MY FEELINGS ARE REAL.
- 💚 BIG FEELINGS DON'T LAST.
- 💙 I CAN ASK FOR HELP.
- 💜 I AM NOT TOO MUCH.
- 💛 I AM ENOUGH.

IT'S NOT ON PURPOSE. ❌

A BIG REACTION TO BIG FEELINGS. ❤️

UNDERSTANDING. SUPPORT. TIME. YOU DON'T HAVE TO GET THROUGH IT ALONE. ❤️



# WHAT HELPS ME FEEL SAFER?

WE ALL NEED THINGS THAT HELP US FEEL CALM, COMFORTABLE AND IN CONTROL. HERE ARE IDEAS YOU CAN TRY! ❤️

SAFETY LOOKS DIFFERENT FOR EVERYONE. YOU GET TO CHOOSE! ❤️

**1 ONE STEP AT A TIME.**

JUST THE NEXT STEP. I CAN DO THAT.

**SMALL STEPS. BIG DIFFERENCE.**

**2 QUIET SPACES HELP.**

A CALM SPACE = A CALMER YOU.

**3 COMFY CLOTHES MATTER.**

SOFT, LOOSE, COMFY = SAFER.

**4 ... ITEMS**

THIS LITTLE DINO GETS ME.

**5 HEADPHONES BLOCK THE NOISE.**

LOUD OUTSIDE. CALM INSIDE.

YOU ARE NOT TOO MUCH.

**6 CLEAR ROUTINES BRING SAFETY.**

MORNING ROUTINE

- WAKE UP
- WASH

**9 TAKE BREAKS. DON'T PUSH YOURSELF.**

STRETCH. SHAKE. BREATHE. RELEASE.

MOVEMENT = FREEDOM.

**12 WRITE IT OUT. GET IT OUT.**

THOUGHTS LOUD? PAPER QUIET.

WORDS HELP YOUR HEAD.

**13 VISUALS CAN HELP YOU FEEL SAFE.**

SEE IT. DO IT. FEEL PROUD.

**14 YOUR OWN PRIVACY CAN HELP.**

PLEASE KNOCK

MY SPACE. MY RULES. THANKS!

BOUNDARIES ARE BRAVE.

**15 CHOOSE WHAT HELPS YOU.**

WHAT WORKS TODAY?

YOU KNOW YOU BEST.

**16 SAFETY CAN GROW WITH YOU.**

TRY NEW THINGS. KEEP WHAT WORKS.

YOU'RE GROWING. SO IS YOUR SAFETY.

**17 VISUALS CAN HELP YOU FEEL SAFE.**

AFTER SCHOOL

- SNACK
- HOMEWORK
- SHOWER
- FREE TIME
- BED TIME

SEE IT. DO IT. FEEL PROUD.

**18 YOUR OWN PRIVACY CAN HELP.**

PLEASE KNOCK

MY SPACE. MY RULES. THANKS!

BOUNDARIES ARE BRAVE.

**15 CHOOSE WHAT HELPS YOU.**

WHAT WORKS TODAY?

YOU KNOW YOU BEST.

**16 SAFETY CAN GROW WITH YOU.**

TRY NEW THINGS. KEEP WHAT WORKS.

YOU'RE GROWING. SO IS YOUR SAFETY.

YOU'RE DOING AMAZING! ❤️

THERE IS NO ONE RIGHT WAY TO FEEL SAFER. YOU'VE GOT THIS. ❤️

WE BELIEVE IN YOU! ❤️

KEEP CHECKING IN. KEEP CHOOSING YOU. YOU MATTER. ❤️

# YOU ARE GROWING, AND YOU ARE ENOUGH!

IT'S A LOT SOMETIMES, BUT I'M LEARNING WHAT HELPS.

YOU DON'T HAVE TO FIGURE IT ALL OUT TODAY.

WE'LL FIGURE IT OUT TOGETHER.

GROWING UP CAN FEEL BIG—ESPECIALLY WHEN YOUR BRAIN AND BODY EXPERIENCE THE WORLD A LITTLE DIFFERENTLY. THAT'S OKAY.

MEET YOUR FEELING CREW—THEY'RE HERE TO REMIND YOU...

LUMPCLOUD



IT'S OKAY TO FEEL OVERWHELMED. YOU'RE NOT ALONE.

PANIKIT



IT'S OKAY TO FEEL...

FIZZLET



IT'S OKAY TO TAKE BREAKS AND CARE FOR YOURSELF.

# SAMPLE

### TOOLS THAT HELP

- CALM CORNER
- FIDGETS
- VISUAL
- CO...

I AM LEARNING. I AM GROWING. I AM ENOUGH.

### SUPPORT

TALK TO... THERE'S NO SH...

YOU'RE BRAVER THAN YOU THINK.

### YOU MIGHT FEEL BIGGER BECAUSE...

NEURODIVERGENT BRAINS CAN FEEL THINGS MORE INTENSELY. THAT'S NOT A WEAKNESS—IT'S PART OF YOU.



INTENSE EMOTIONS



NOTICE MORE DETAILS



OVERWHELM EASIER



BIG HEARTS, BRIGHT MINDS

BUT YOU ALSO HAVE AMAZING STRENGTHS. YOU CAN LEARN TO WORK WITH YOUR BRAIN, NOT AGAINST IT.

### YOU'RE NOT ALONE.

THERE ARE SO MANY PEOPLE WHO GET IT. YOU BELONG HERE.

YOU'VE GOT THIS!

KEEP GOING, EVEN WHEN IT'S HARD.

# YOU ARE AMAZING.

♥ TODAY. TOMORROW. ALWAYS. ♥

KEEP EXPLORING. KEEP LEARNING. KEEP BEING YOU.



**THIS IS  
YOUR SPACE.  
NO JUDGEMENT.  
JUST SUPPORT.  
REAL TALK.**

Being a teen is tough.  
Being neurodivergent  
can make it feel even  
harder sometimes.  
This comic is here to  
remind you that you  
not

**SAMPLE**

**YOU GOT THIS.**

THOUGHTS  
FEELINGS  
GOALS

YOU'VE  
GOT  
THIS

DIFFERENT  
NOT  
LESS.

PROGRESS  
NOT  
PERFECT

OUR  
MIND.

IT'S OKAY  
TO NOT  
BE OKAY



**BIG FEELINGS.**  
**BRILLIANT BRAINS.**  
**BETTER DAYS.**

**YOU'VE GOT THIS.**

A practical comic resource  
for teens living with  
neurodivergence.  
Real talk. Helpful tools.  
Positive change.  
Because **understanding**  
your mind is the first step  
to **feeling better.**

INSIDE YOU'LL FIND: ☆

- ✓ REAL-WORLD STRATEGIES
- ✓ SELF-CARE TOOLS
- ✓ MINDFUL MOVES
- ✓ SUPPORT THAT ACTUALLY
- ✓ AND



UNDERSTAND  
BIG FEELINGS



BE

**SAMPLE**

EVERY BRAIN  
IS DIFFERENT.  
EVERY STORY  
MATTERS.

IT'S OKAY  
TO NOT BE OKAY

ALL  
BRAINS  
WELCOME

YOU'VE  
GOT  
THIS.

YOU MATTER. ♥



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