



My Neurodivergent Wellbeing Plan

Bring together what you know about your brain, body, sensory world and support needs.

Things that help my brain work well

My main sensory needs

My early signs of overload

Things that help me regulate

Routines that support me

My communication needs

People who understand and support me

Adjustments that make life easier

Something I want to remember about being neurodivergent...

My next supportive step is...
