

FIND THE WORD YOU NEED TODAY

Autism

A different way of thinking. A valid way of being. Find the word that feels right for you today.

B	T	P	Q	D	X	C	M	U	F	T	H	U	D	Q	Z	N	L
O	D	V	R	V	N	R	O	U	T	I	N	E	S	G	P	E	G
F	U	Z	K	E	D	O	Z	N	S	X	S	K	F	M	C	W	N
D	H	N	D	I	D	H	J	S	A	F	E	V	S	A	D	C	P
S	B	V	D	Q	N	I	G	Q	R	Q	A	E	P	W	K	P	L
C	B	L	C	E	T	T	C	U	P	E	C	S	A	N	F	I	M
M	C	T	O	O	R	C	E	T	D	N	S	C	W	R	P	D	L
T	O	U	M	V	V	S	U	R	A	Y	G	T	F	E	F	E	J
Y	N	N	M	Q	R	G	T	T	E	B	U	Z	Z	G	O	N	O
P	N	M	U	U	Z	A	P	O	T	S	I	A	D	U	R	T	K
C	E	A	N	M	E	E	P	R	O	C	T	L	T	L	O	I	G
H	C	S	I	E	C	I	C	A	C	D	T	S	I	A	U	T	T
O	T	K	C	C	A	C	S	Q	U	I	E	T	Z	T	E	Y	T
I	I	D	A	G	L	I	S	E	N	S	O	R	Y	E	Y	D	P
C	O	L	T	M	M	X	C	Q	H	X	I	Z	V	N	Y	P	A
E	N	S	E	X	J	O	S	U	P	P	O	R	T	C	J	E	E
B	O	U	N	D	A	R	I	E	S	I	V	W	R	N	K	C	P
I	X	U	K	I	N	D	N	E	S	S	B	S	W	R	R	M	M

Words hidden in the puzzle: SPACE · UNDERSTOOD · SENSORY · ACCEPTANCE · ROUTINE · QUIET · REST · REGULATE · BOUNDARIES · COMMUNICATE · SAFE · PREDICTABILITY · CHOICE · UNMASK · SUPPORT · KINDNESS · INTERESTS · CONNECTION · IDENTITY · CALM

There is no pressure to finish. Notice the word that catches your attention and let that be enough for today.

Space to Breathe Therapy

WHAT DO I NEED TODAY?

Autistic needs can change from moment to moment. A place that felt manageable yesterday may feel overwhelming today. Communication may be easy at one time and difficult at another. Sensory input, uncertainty, social demands, tiredness, masking and changes to routine can all affect how much capacity is available.

My word today is:

Why might this word matter today?

Make the environment work with you

If your word was **SENSORY**, notice whether sound, light, clothing, temperature, movement, smell or touch is adding to the load. If it was **QUIET**, perhaps reducing input would help. If it was **PREDICTABILITY**, getting clearer information about what is going to happen next may reduce uncertainty. If it was **COMMUNICATE**, consider whether speaking is the easiest method right now or whether writing, messaging, visual information or extra processing time would work better.

One adjustment that could make today easier:

Space to Breathe Therapy

A MESSAGE FROM MAGGIE

Being autistic does not mean there is one fixed list of needs that applies every day. Capacity changes. Environment matters. The amount of sensory, social, emotional and practical information being processed matters. Something that looks small from the outside can become the final demand on a nervous system that has already been working hard.

I wanted this exercise to begin with curiosity rather than correction. The question is not 'How can I make myself cope like everybody else?' It is 'What is my brain and body telling me, and what might make this environment more workable for me?'

If **SPACE** finds you, perhaps you need distance from conversation, demands or sensory input. If **ROUTINE** catches your eye, perhaps predictability is important today. If **BOUNDARIES** stands out, you may need permission to protect your capacity rather than continuing until you are overwhelmed.

If **UNMASK** appears, there is no demand to suddenly stop masking everywhere. Masking can be complicated and may sometimes have developed for safety or belonging. Instead, you might notice whether there is one environment or one trusted person around whom you can use a little less energy performing what is expected.

And if **UNDERSTOOD** is the word that finds you, perhaps what you need is not another strategy at all. Perhaps you need somebody to listen, believe your experience and understand that your needs are real even when they cannot see them.

Maggie

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A sensory and capacity check-in

My sensory load feels: _____

My social/communication capacity feels: _____

Something I need less of: _____

An adjustment that may help: _____