

# AUTSCAPE

## COUNTDOWN DAILY NEWSLETTER



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2020  Vision

27-30 July

### Change of presenter

Laurence Cobbaert has had to cancel, so on Wednesday morning we will have a talk by Mary Doherty about autism and psychiatry.

**Home groups** are not quite ready yet, so they will be in tomorrow's issue.

**Booking has now closed.**



[www.autscape.org](http://www.autscape.org)

## Wellbeing

Usually at Autescape, we are able to provide the physical necessities and structure to help you get through the days. Because we're all separated, it's up to us to meet our needs.

### *Time and stress*

Autescape can be intense, overwhelming, and even a bit addictive. Make time to **sleep, eat, and exercise** as these are important aspects of wellbeing and will help you to get the most out of activities you attend.

Plan in some **break times**. We have built in long breaks, but they will fill up with activities. Choose what you can manage.

Remember, you can **walk away**. If you are feeling stressed, upset, or tired you can leave any presentation or interaction. **Presentations** (but not discussions) **will be recorded** so you can watch them after they are uploaded, in a few weeks. This is particularly helpful if you have to miss something to rest or attend to real life.

### *Physical and sensory needs*

You don't have to sit in one place all day. Use breaks between presentations to stand and stretch. You can use wireless headphones if you have them, or join using your phone so that you can **move about**. Try sitting in different locations and positions throughout the day. Stim your heart out. If your camera is off, you won't distract anyone else.

Try **planning meals** ahead, get food that you find easy to make, and prioritise food preparation in the breaks - you can always eat while you attend the next event.

There are people attending from all over the world, and autistic people often have unusual sleep patterns, so there will be things happening around the clock. Make time for **sleep** so you can get the most out of sessions and avoid a crash.

### *Social needs*

To avoid overcomplicating things, we are not using badges. You don't have to answer anyone or talk to anyone or participate in any group. To get social contact, you can socialise on Discord, and you can join a home group.