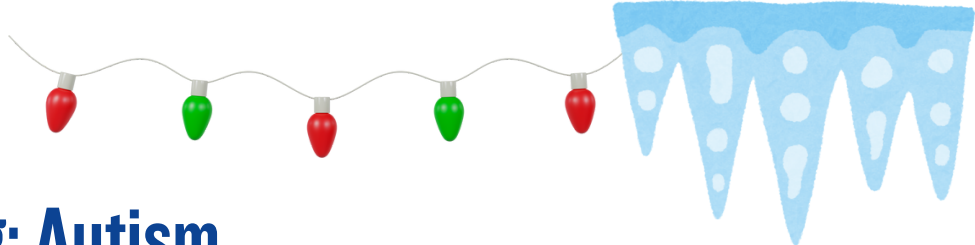




Autistic Wellbeing: Winter and Holidays Resources



Winter Well being: Autism

Specific



Blogs

- **Winter Time Wellbeing Guide**

A guide created by The Advonet Group on strategies and resources to boost autistic wellbeing during the winter

- **Surviving and Thriving: A Neurodivergent Guide to Holiday Hurdles**

- **Managing Seasonal Changes**

- **Leeds Autism Guide To Coping in Winter**

- **What does Autism with Seasonal Affective Disorder look like?**

- **3 tips for an Autism Friendly Christmas**

- **Sensory-Friendly Strategies for Hindu Festivals: Ganesh Chaturthi, Diwali, and Holi**

- **Autism and Christmas Anxiety**

- **We're All Maccabees – An Autistic Take on Hanukkah**

- **Celebrating Kwanzaa: Embracing Neurodiversity in Tradition**

- **Autism and Christmas**

Blogpiece by Emma, Director of Autism Wellbeing CIC on her experience of Christmas as an autistic person



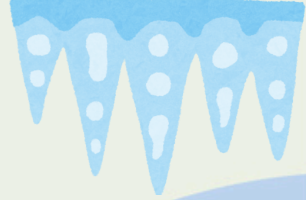
- **Neurodivergent-Affirming Self-Care Ideas for the Holidays**
- **ARFID and Holidays: Strategies for Managing Eating Challenges**
- **How to Strip the 'Shoulds' from Your Holidays**
- **5 Tips on how to Manage Christmas with ARFID**
- **Neurodivergent Holidays: Set Boundaries for Your Well-Being**
- **An Autistic Person's Guide to an Autism-Friendly Christmas**
- **Seasonal Affective Disorder: How It Affects Neurodivergent Folks and Those with Chronic Illness (and What You Can Do About It)**
- **Four approaches for Coping With Seasonal Change**
- **A Guide to Navigating a Neurodivergent Christmas**
- **Ten Tips for a Happy Neurodivergent Christmas**
- **Preparing for the Festive Season**
- **Navigating the Holidays as an Autistic Adult: Tips for Managing Stress**



Videos

- Autism Tips For The Festive Season
- Winter Wellbeing Tips – Video
- Autism & Holidays: An Autistic Survival Guide for the Holiday Season [5 Step Plan]
- Autistic Perspective on Holidays & Gifts
- Holiday Hacks for Autistic Adults | What Works for me





New Year's Resources

Blogs

- What it's Like Being Autistic on New Year's Eve
- Unique New Years Resolutions for Autistic Adults
- New year, New Me? My Resolution to Stop Masking Autism
- Seven Ways to Have a Sensory-friendly New Year's Eve
- Creating A Neurodivergent-Friendly New Year
- Fresh Starts and New Year's Resolutions: A Values-Based Approach to Fresh Starts
- New Year's Resolutions- Neurodivergent Network
- A Mindful Approach to the New Year: Setting Neuroaffirming and Achievable Intentions

Videos

- Neurodiversity-Friendly New Year's Resolutions: Start 2025 with Success
- Creating A Neurodivergent-Friendly New Year | The Neurodiverging Podcast
- New Year's Goal Setting Strategies for Neurodivergent Spoonies | PART ONE

Podcasts

- Navigating New Year's Resolutions and Intentions for Neurodivergent Folks



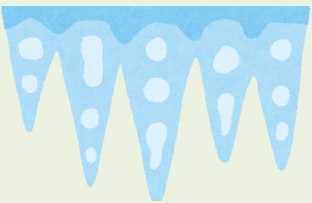
Autistic Well being: Winter and Holidays Resources

Winter Wellbeing- General Info

Blogs

- **Supporting Winter Blues over Christmas: The Combined Power of Nutrition & Therapy**
- **MindWell's Top 10 Tips for Winter Wellbeing**
- **From Vitamin D To Weighted Blankets: Everything You Need To Get Through Autumn & Winter**
- **Winter Wellbeing: Mental Health Tips and Advice for the New Year**
- **Top Tips for Looking After your Mental Health at Christmas**
- **Tips for Coping with Seasonal Affective Disorder (SAD)**





Cozy Comfort Kit Item Ideas

Warm lighting
Sunrise Alarm clock
Sun Lamp
Weighted Blanket
Heated Blanket
Hot drinks
Fluffy socks
Hot water bottle
Candles
Wax melts
Incense
Fidget toys

Indoor hobbies- books, jigsaws, puzzles,
colouring in, crafts, baking, special interest
deep dives, video games
Fingerless gloves
Hand warmers
Weighted Stuffed Animal

