



**DERBY & DERBYSHIRE**

**Autism Information  
& Advice Service**

# **AUTISM AND SELF- CARE**

**Autism Alliance Newsletter - November  
2025**



Learn about this  
month's topic from  
our members

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# Autism and Self-Care

This month the Autism Alliance spoke about autism and self-care and the impact this has on wellbeing. But what is self-care?

Self-care refers to the practice of taking intentional actions to care for your physical, mental, and emotional health to promote overall well-being.

It's about trying to listen to how we're feeling and understanding what we need so we can care for ourselves.



Self-care could mean taking timeout when you're feeling overwhelmed; making time to do an activity that you know makes you feel good; or be as simple as making sure to do the basics like eating and sleeping well when you're struggling.

One of our Autism Alliance members said - **self-care through creativity helps them to relax.**



# What Can Self-Care Look Like for Individuals?

Experiences of self-care differ from person to person, but here's how some of our Autism Alliance members engage in it:

- Creative expression (drawing, painting, crochet)
- Gardening, woodwork and practical crafts
- Quiet time listening to music or reading a book
- Quality time with family members or close friends



Sometimes engaging in self-care can also bring people feelings of guilt due to the perception of prioritising time incorrectly.

Our Autism Alliance members said - **we should learn to stop treating hobbies as rewards or as an example of discipline.**





# Difficulties Relating to Self-Care

During the Autism Alliance, we discussed some of the difficulties that the autistic community may face in relation to self-care. Here's what some of our members shared:

- Planning, organising and prioritising time to engage in self-care can be difficult.
- Following consistent routines - despite wanting to.
- Feeling unable to engage in self-care due to battery drain or burn out.



Self-care activities not only induce feelings of calmness and relaxation, but also enable time for our battery to recharge, giving us more capacity for other aspects of day to day life.

One Autism Alliance member said - **finding happiness and relaxation in self-care is a massive confidence and self esteem boost.**



# The Impact of Self-Care

We asked our Autism Alliance members what impact self-care had on their lives and overall wellbeing and here's what they had to say:

- Allocating time each week for self-care increases engagement and helps prioritise time for yourself.
- Self-care helps autistic people deal with life's everyday challenges
- Self-care helps autistic people to unmask and embrace their autistic identity



Although self-care is important and can make a positive difference to wellbeing, it's important to remember self-compassion in times where self-care may not be a priority.

One Autism Alliance member said - **I've had to learn not to be hard on myself if I miss a goal, like reading a chapter in a book for example.**

