Ask to move to the physical space as opposed to focusing on the task

Offering two choices represented by each hand Starting with humour

Offer a positive touch as a way of helping them with getting going or ending

Phrasing it so that it gives me responsibility Before placing a demand' on me, try...

Forge a moment of

connection first

Coin code words to label challenging experiences

al

OR AUTONONY - DEM

Develop a ritual that ends with something enjoyed Place needed items/tasks in the same locations each time

DISTRACT

Using a visual prompt or signal without saying anything

Combine activities with instructions to force multi-tasking

The aims of these approaches are to in the moment either increase the persons sense of safety and calm through connection (reduce stress) and/or direct their attention/focus onto something that feels managable (less overwhelming)

