

Meltdowns

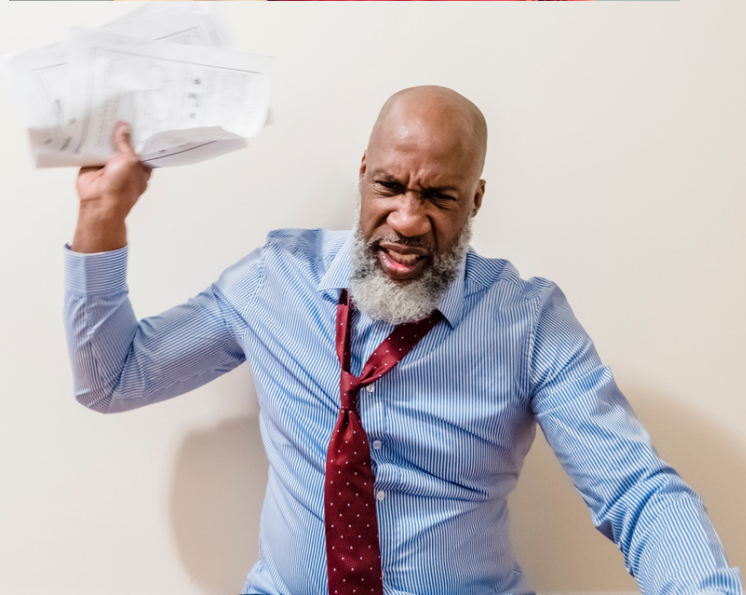
What single words or phrases come to your mind?

Don't censor them - write them in chat if you feel able to share, or jot them down for your own reflection.

**Before
During
After**



**What are the most
challenging aspects
for us?**



Components of experience

Physiological/sensory - what goes on in my body?

Emotional - how do I feel?

Behavioural - what do I do/not do?

Cognitive - what do I think?

Interpersonal - how does it feel between me and others around/with me?

Spiritual - how does it feel between me and God?

After

**What do
we experience?**



Components of experience

Physiological/sensory - what goes on in my body?

Emotional - how do I feel?

Behavioural - what do I do/not do?

Cognitive - what do I think?

Interpersonal - how does it feel between me and others around/with me?

Spiritual - how does it feel between me and God?

After

Elijah...came to a broom tree,
sat down under it and prayed
that he might die."I have had
enough, Lord...Take my life, I
am no better than my
ancestors."

Then he lay down under the
tree and fell asleep.

1 Kings 19:1-18



After

God's response was:

- practical
- patient
- compassionate
- gentle
- non-shaming
- understanding
- non-demanding
- future oriented



Can we respond the same way?

After

What we can do:

- Wait
- Rest
- Accept support
- Review
- Move forward



Before

Elijah had been busy,
exhausted himself
physically, was
threatened and feared
for his life - was it
inevitable he would end
up under the tree asking
to die?



"Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light."

Matthew 11: 28-30

Do these verses offer any clues or suggestions that could be helpful for autistic people seeking to avoid getting to the point of having a meltdown?