# Self-Regulation for Teens with ASD

## Dr. Stuart Shanker

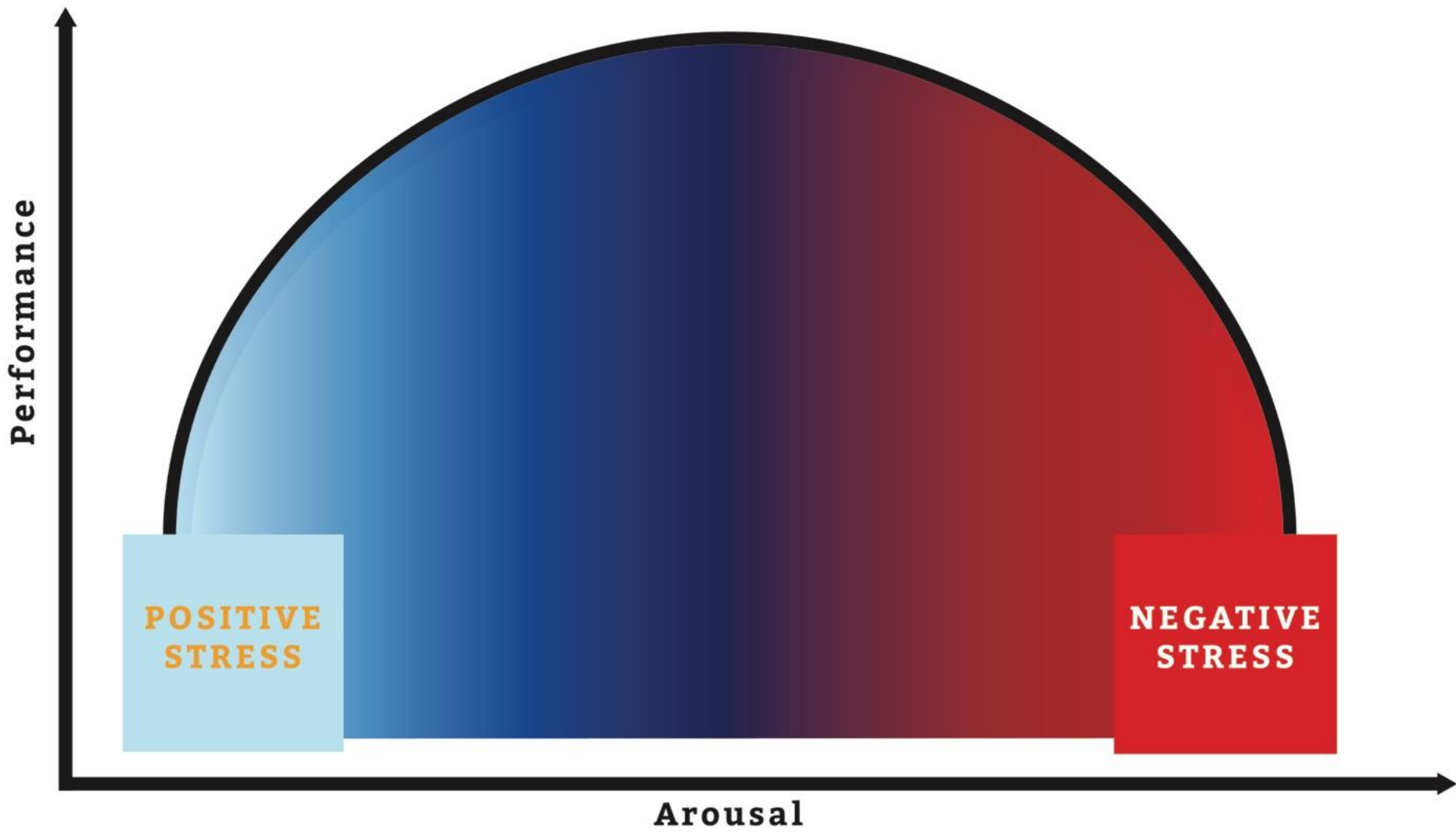**Autism**ONTARIO

*see the potential*     *voir le potentiel*

# What is "Stress"

Stress is anything that triggers expenditure of energy in order to maintain some internal system in optimal functional range

# 5 Self-Reg Domains: Stressors

**Biological**
Noises, crowds, too much visual stimulation, not enough exercise, lack of sleep, junk food

**Emotion**
Strong emotions, both positive (over-excited) & negative (anger, fear)

**Cognitive**
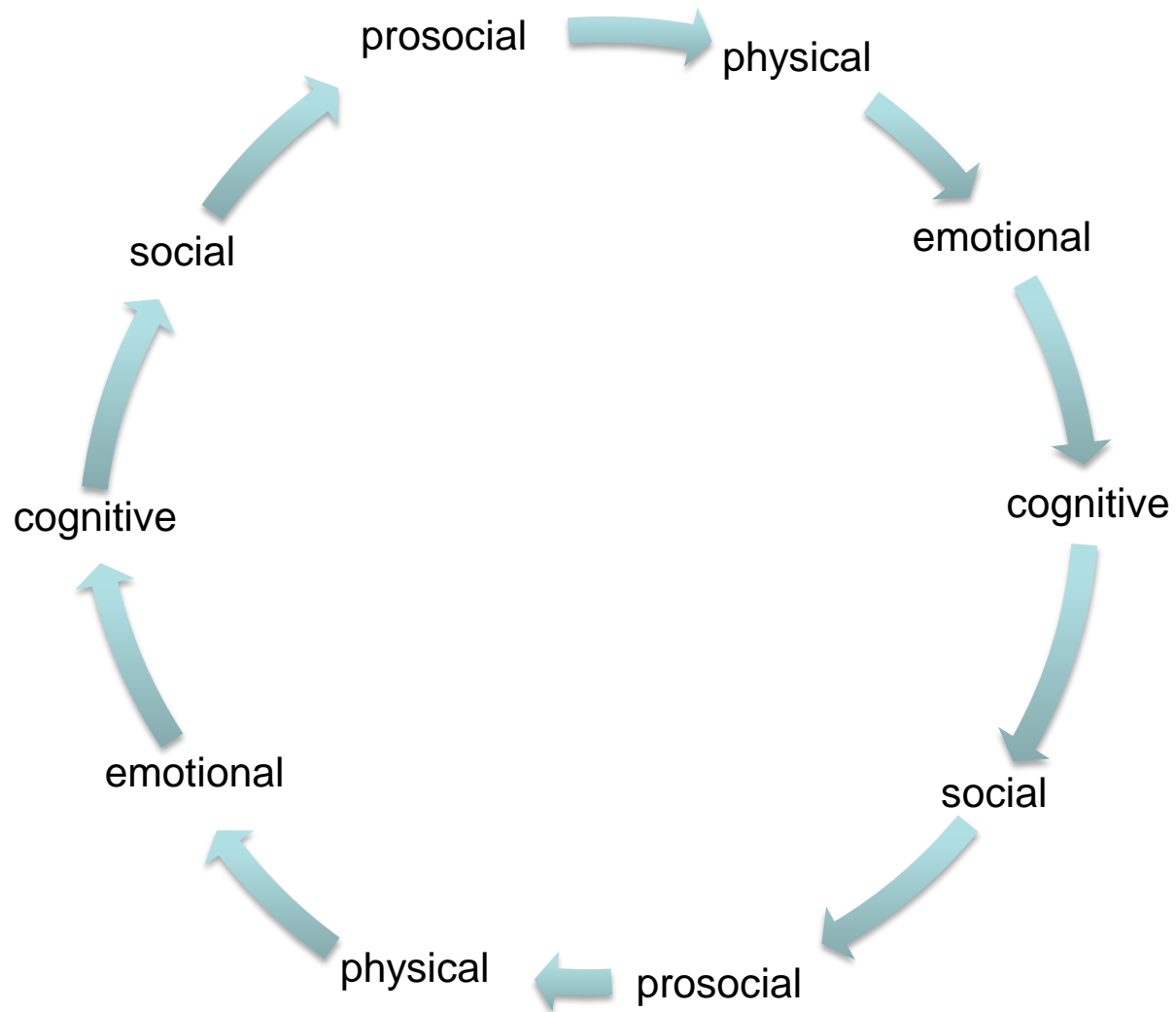Difficulty processing certain kinds of information
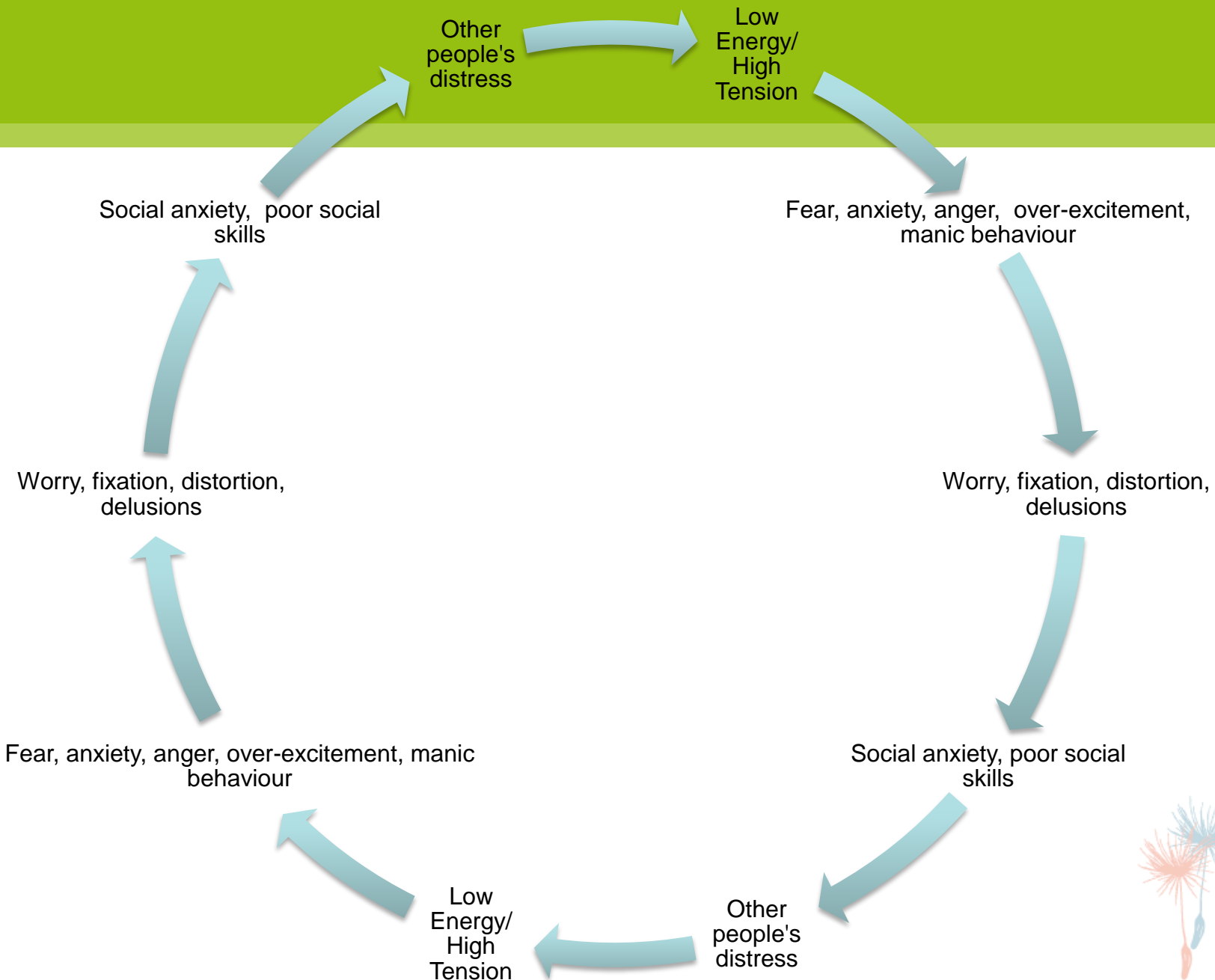
**Social**
Difficulty picking up on social cues, or understanding effect of behaviour on others

**Prosocial**
Difficulty coping with other people's stress; sense of injustice (may include misinterpreting stress behavior as misbehaviour)

Other people's distress → Low Energy/ High Tension → Fear, anxiety, anger, over-excitement, manic behaviour → Worry, fixation, distortion, delusions → Social anxiety, poor social skills → Other people's distress → Low Energy/ High Tension → Fear, anxiety, anger, over-excitement, manic behaviour → Worry, fixation, distortion, delusions → Social anxiety, poor social skills → Other people's distress

# Major Stressors

| | | | |
|---|---|---|---|
| Sensory Issues | Social Anxiety | Sexuality | Lack of quality sleep |
| Lack of exercise | Superstimulants (e.g., Junk Food and Junk Media) | Video games | Social Media |
| Independence | Changing Parent-Child Relationship | Loneliness | School |

# What is Self-Regulation?

How effectively we deal with stress

How well we manage tension

How well we restore

How well we avoid energy-depletion
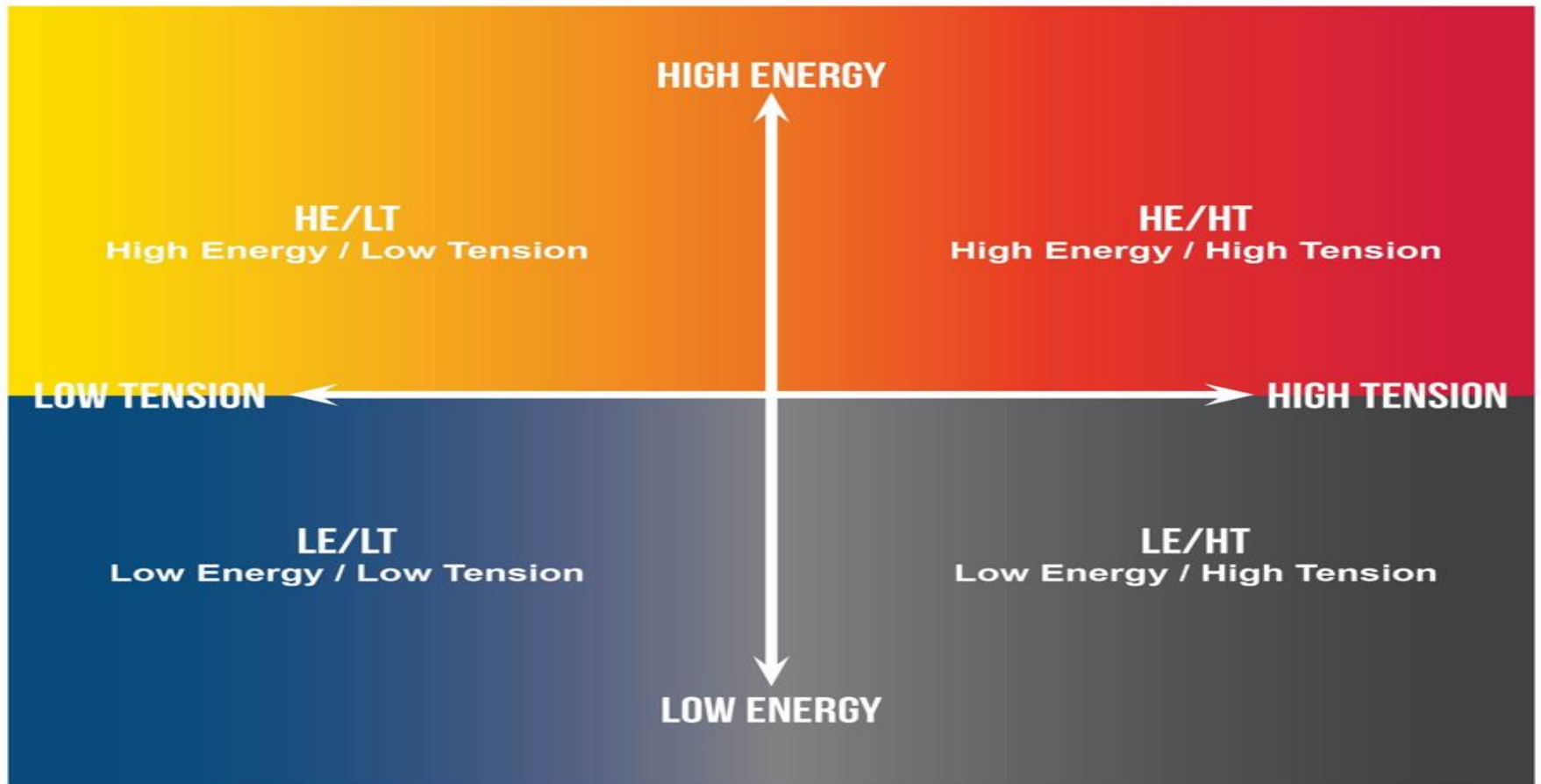
Adapted from: Robert E. Thayer (1996),
The Origin of Everyday Moods:
Managing Energy, Tension, and Stress

# The Shanker Method™: 5 Steps

**1** Read and **Reframe** the Behaviour
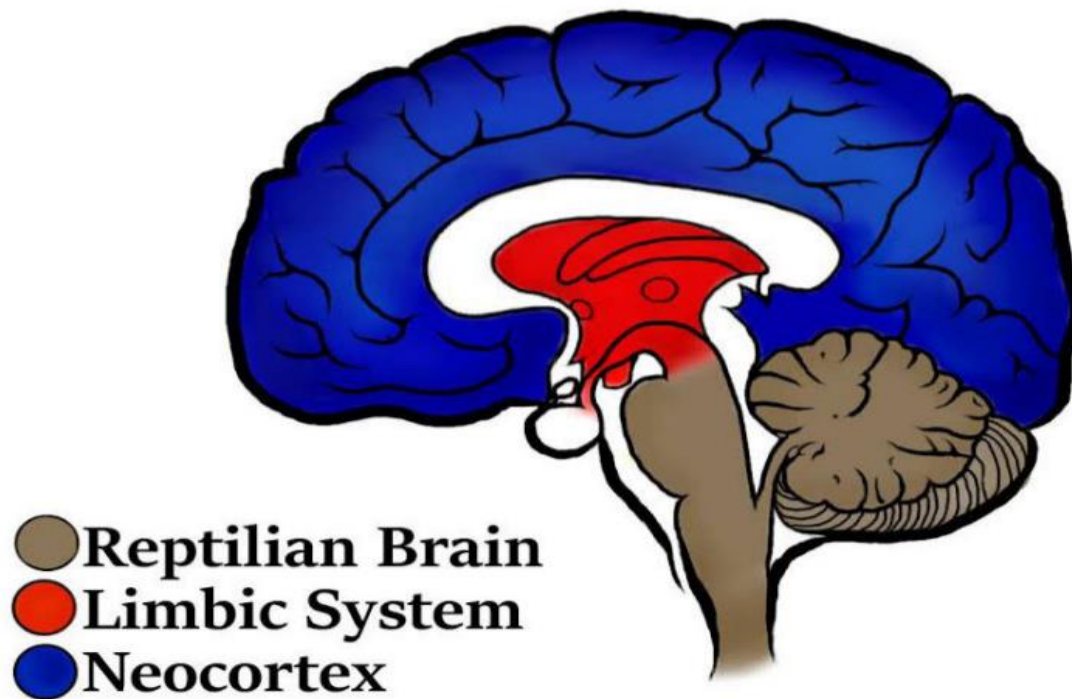
**2** **Recognize** the Stressors

**3** **Reduce** the Stress

**4** **Reflect**: Develop Stress Awareness

**5** **Respond**: Develop Personal Strategies to Promote Restoration and Resilience

# Turning off the Alarm

**The MEHRIT Centre**
**www.self-reg.ca**

"no such thing as a bad kid"

-Stuart Shanker

# Books by Dr. Stuart Shanker