

# How to manage me

### THAT'S FUN TO ME

I like things that I know and I don't mind repetitive things, I don't get bored. If there are things that people don't find exciting, chances are I'll be happy with it. Routine and rituals help facilitate understanding of what is going on and what is going to happen next.



### WORK WITH INERTIA

Inertia is a less documented aspect of autism where we can have trouble starting something new or stopping once we've started. Help me start a brand new task if I struggle by giving me the first step and keep me on it once I'm familiar if possible.



### KEEP AN EYE OUT

I can become overwhelmed (switching context too much, too much socialization, etc) and shutdown or on the contrary become hyper. Be mindful of those and help me take a break to figure out what's overwhelming me.



### KEEP IT CONCRETE

I don't feel ambitious or the need to climb a ladder. I don't always understand abstract concepts so discussions of growth may require more guidance.



### KNOWLEDGE SHARING

I don't like public speaking but I'm great at documenting in writing. If things aren't defined it can be hard for me to understand what to do. Documenting helps me spread my knowledge in a comfortable way.



### STAYING FOCUSED

I like to be able to focus on one thing at a time. It helps me focus and avoid distraction and context switching. Help me keep an eye out for too much juggling.

