SUPPORTING NEURODIVERSE THINKERS
HANDOUT 3: SUMMARY AND RESOURCES

SUMMARY

• As a loved one, we can provide support related to executive function and combat feelings of shame, anxiety, and overwhelm by understanding and normalizing struggles and strengths.

• Emotions—wow! Hopefully, knowledge about regulation, alexithymia, and RSD will help you better understand your loved one to better understand your relationship.

• We can all consider how our sensory diet and self-soothing can help us thrive!

RESOURCES

• Executive Functioning Issues After High School: How to Help (understood.org)

• Adulting and Executive Function Skills: Tips for After High School (understood.org, particularly the second part of this podcast!)

• What Is Perseveration? (understood.org)

• Is It ADHD Perseveration or Hyperfocus? (healthyplace.com)

• Autism and Alexithymia (neurodivergentinsights.com)

• Living with Rejection Sensitive Dysphoria (neuroclastic.com)

• Sensory Soothers: The Ultimate Sensory Soothers Checklist — Insights of a Neurodivergent Clinician (neurodivergentinsights.com)

• Why Sensory Safety Plans Are a Must-Have for Sensory Emergencies — Insights of a Neurodivergent Clinician (neurodivergentinsights.com)