



LUMINARY COUNSELING, PLLC

# Neurodiversity Self Care

## Tools & Guide



### Sensory Regulation

- Identify your sensory needs (seekers vs. avoiders)
- Use noise-canceling headphones or background sounds
- Wear comfortable, preferred textures
- Adjust lighting (soft lights, blue-light filters, sunglasses)
- Carry fidget tools or stim toys



### Executive Functioning Support

- Break tasks into small steps (micro-goals)
- Use visual timers or alarms
- Body doubling (work alongside someone or a virtual space)
- Keep a "low-effort" to-do list for tough days
- Externalize memory (sticky notes, voice memos, whiteboards)



### Emotional Well-Being

- Self-compassion: Reframe negative self-talk
- Identify safe people for co-regulation
- Plan for burnout recovery (rest, stim time, safe foods)
- Set boundaries based on energy levels
- Use special interests for comfort & joy



### Social & Communication Support

- Script common interactions for ease
- Use text-based communication when needed
- Take breaks after socializing to decompress
- Find neurodivergent-affirming spaces for connection
- Use visual or written communication aids



### Crisis & Overwhelm Plan

- Recognize early signs of burnout or shutdown
- Have a "safe mode" routine (low-stimulation activities)
- Reach out to trusted friends or professionals
- Keep an "emergency comfort kit" (weighted blanket, snacks, playlist)
- Give yourself permission to pause & rest



[luminarycounseling.com](https://luminarycounseling.com)



[rachel@luminarycounseling.com](mailto:rachel@luminarycounseling.com)

