Self-Regulation for Teens with ASD

Dr. Stuart Shanker



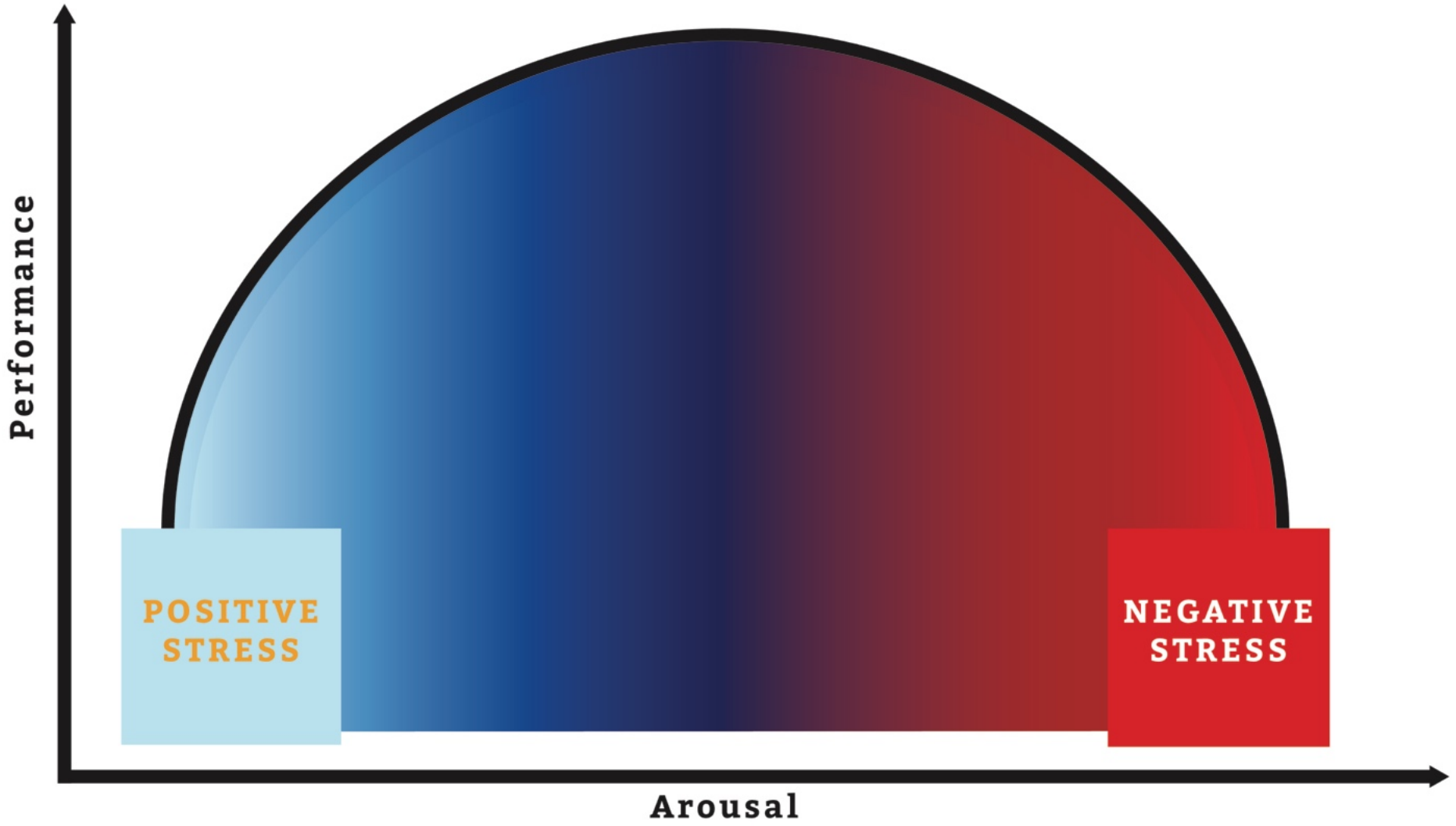
Autism ONTARIO
see the potential voir le potentiel


Depression
Anxiety
Phobias
Cognitive problems
Obesity
Heart disease
Auto-immune
Gastro-intestinal
Sleep
High Blood Pressure
Stress


STRESS

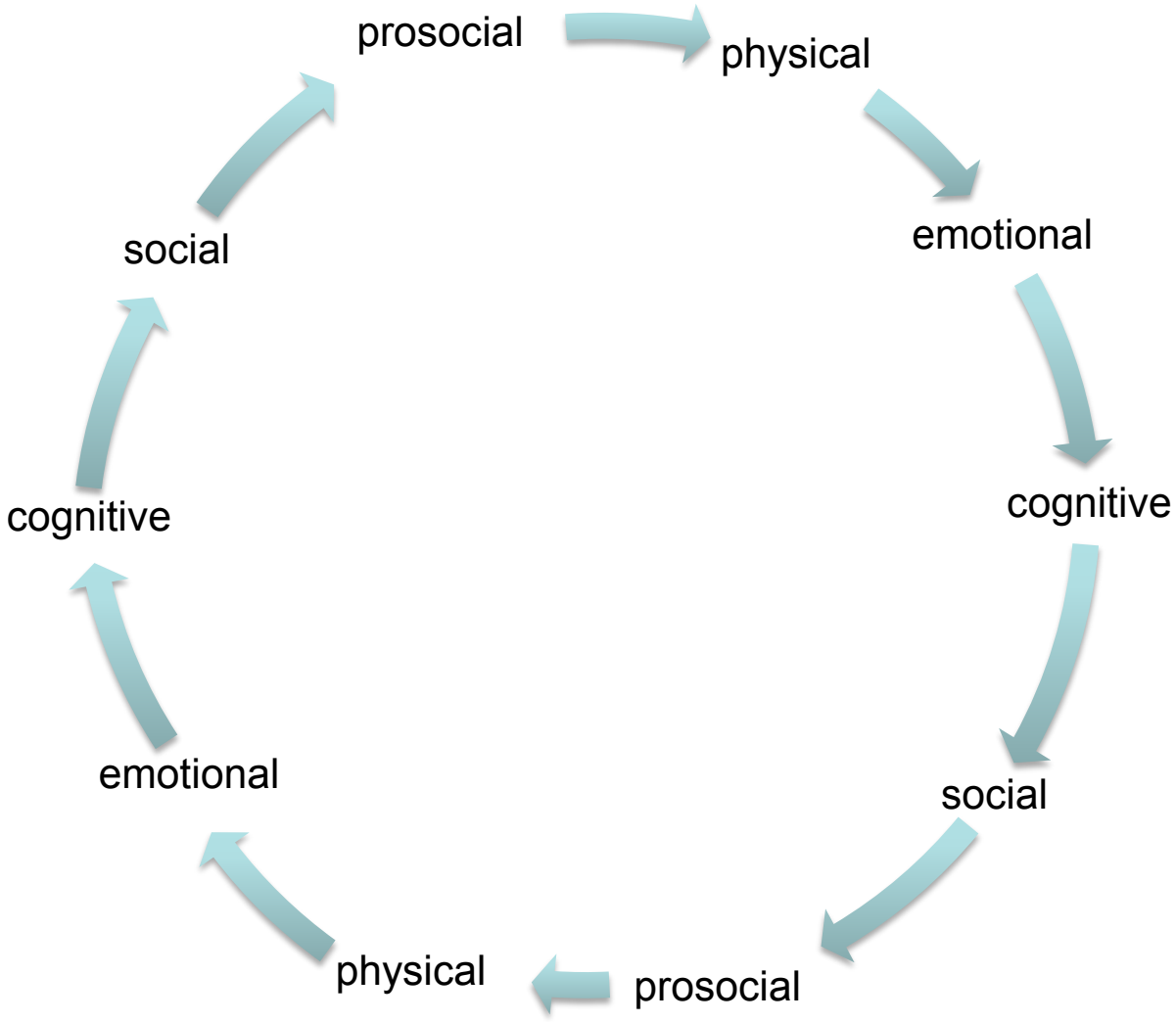
What is “Stress”

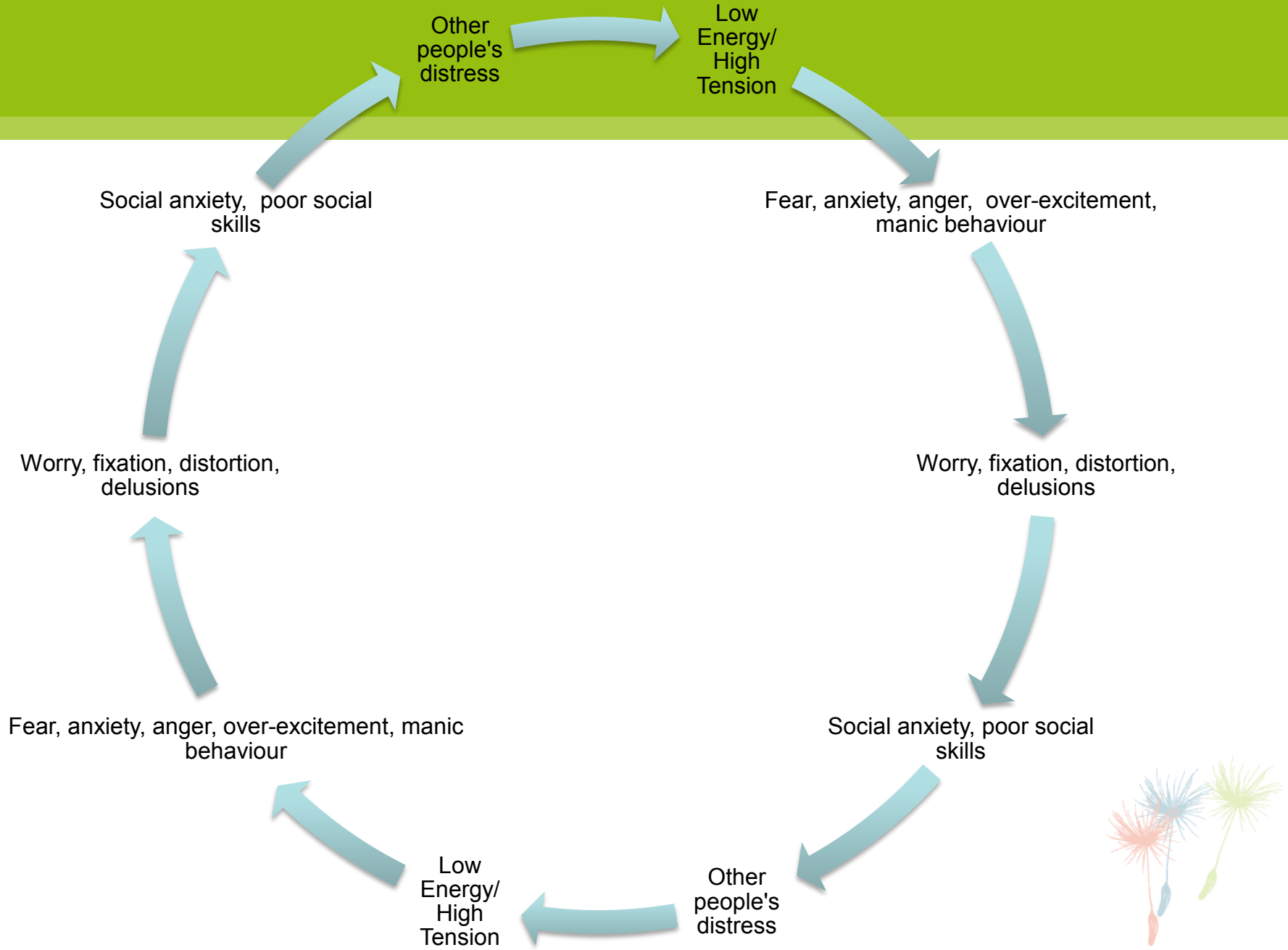
Stress is anything that triggers expenditure of energy in order to maintain some internal system in optimal functional range


Performance
POSITIVE STRESS
NEGATIVE STRESS
Arousal

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)


prosocial
physical
emotional
cognitive
social
prosocial
physical
emotional
cognitive
social

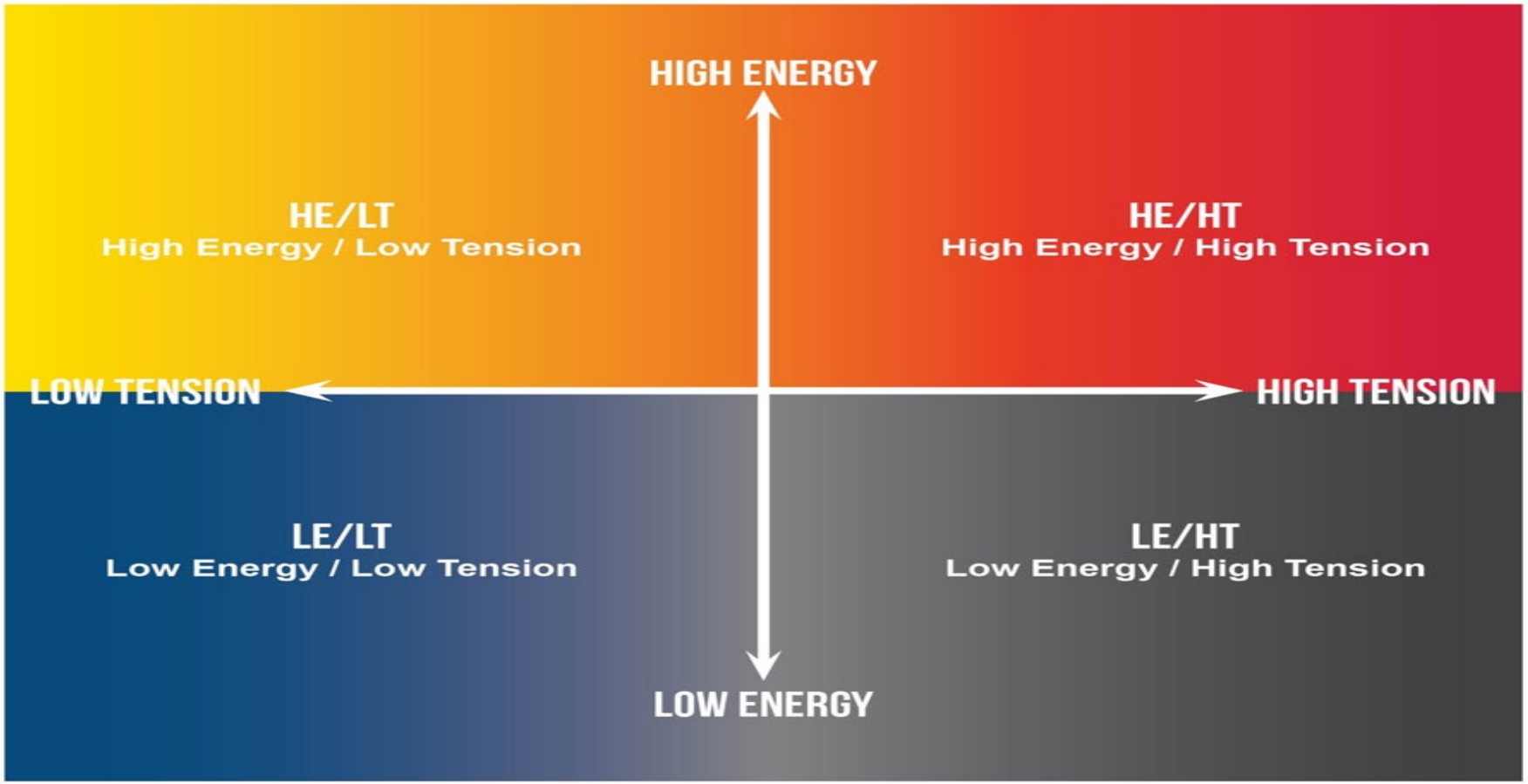

Other people's distress
Low Energy/ High Tension
Fear, anxiety, anger, over-excitement, manic behaviour
Worry, fixation, distortion, delusions
Social anxiety, poor social skills
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Major Stressors

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?



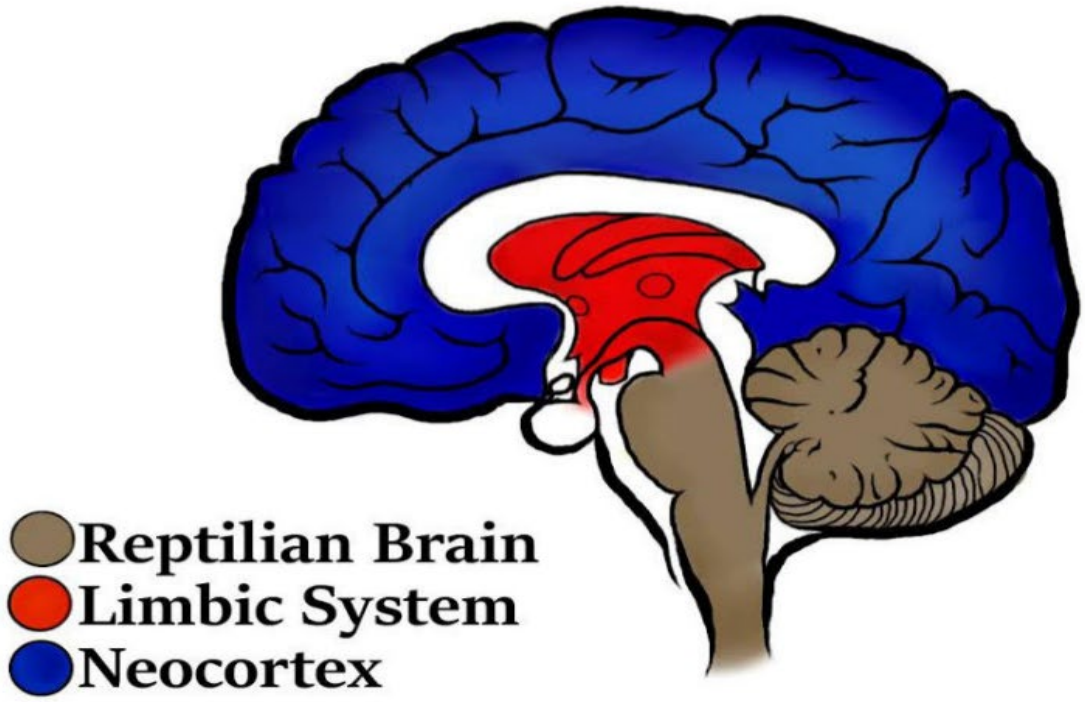


Adapted from: Robert E. Thayer (1996),
The Origin of Everyday Moods:
Managing Energy, Tension, and Stress

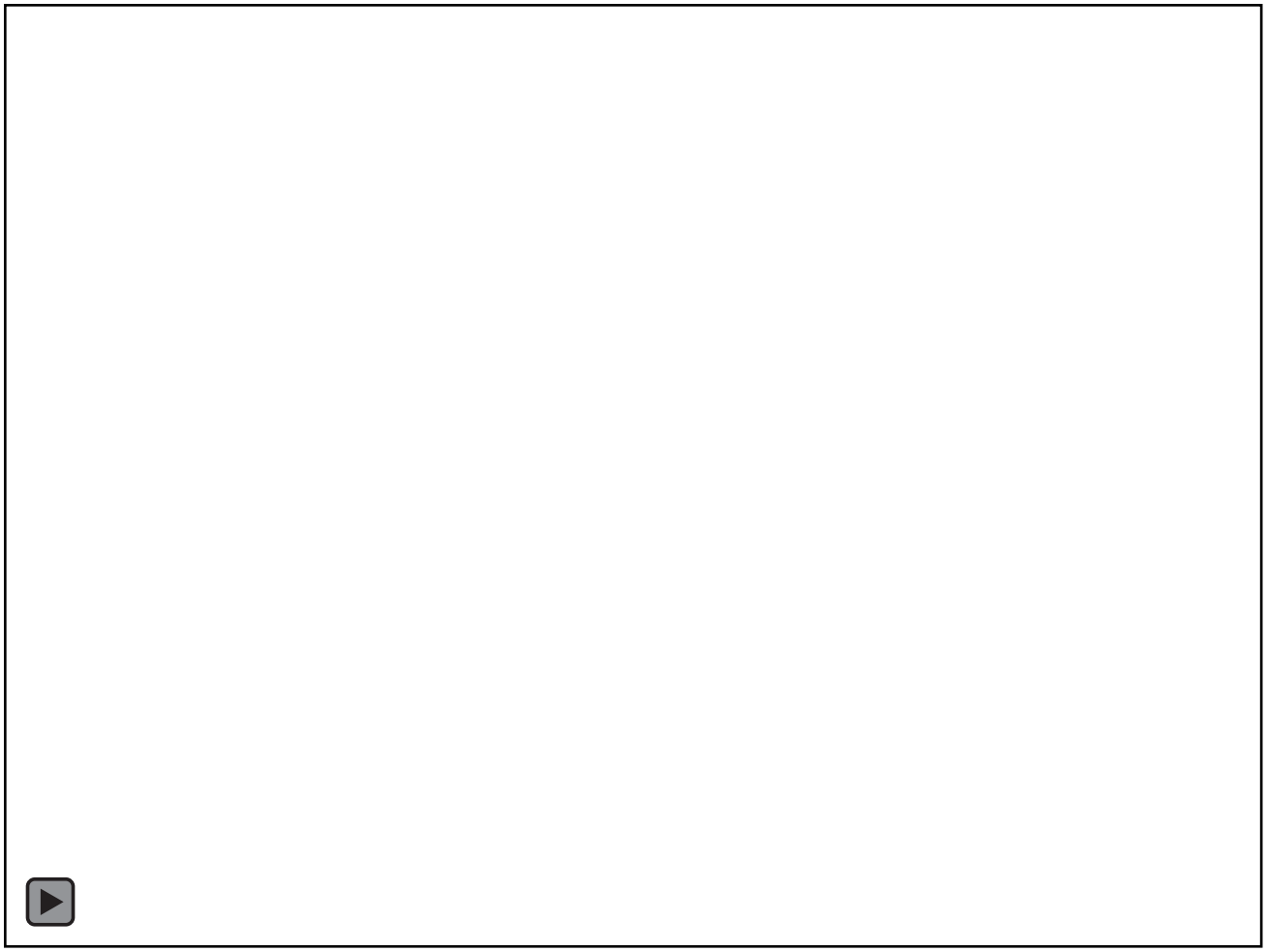
The Shanker Method™: 5 Steps

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

The Evolution-Designed Brain



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

