



SHARING THE SPECTRUM

An Autism Canada Newsletter

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May 19, 2020



Welcome to Sharing the Spectrum

A unique Canadian bi-weekly newsletter written by Autistics for Autistics. We are very proud to showcase the work of our Autism Ambassadors and hope you enjoy their perspectives.

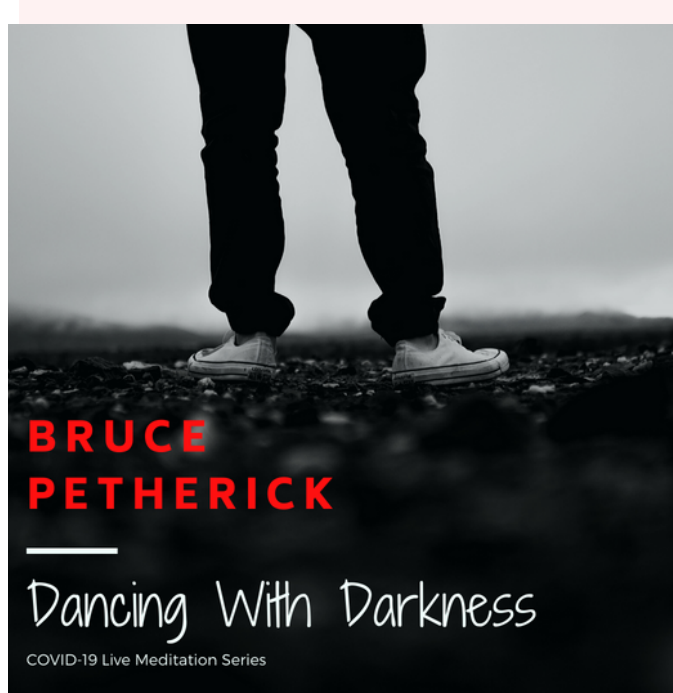
Interested in becoming a contributor? Email us at info@autismcanada.org

Routine in the Time of COVID-19

by Bruce Petherick

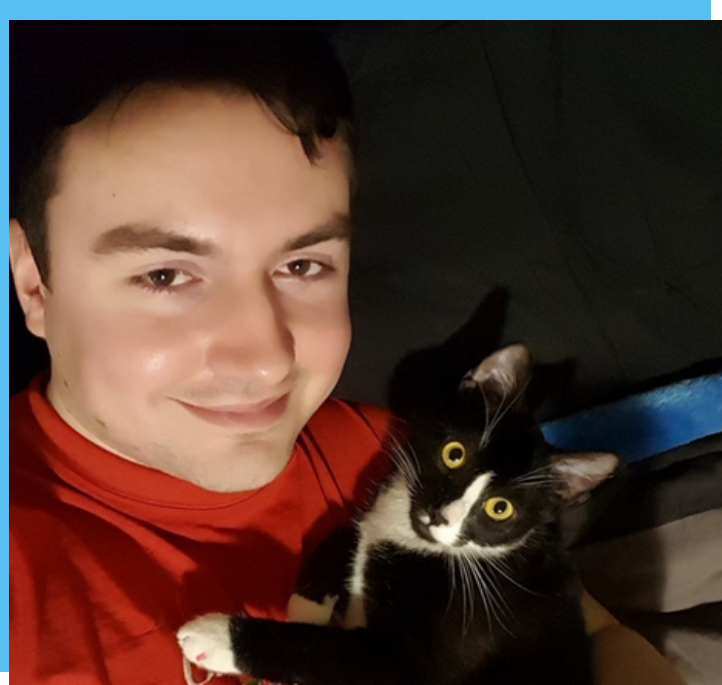
"I can see that there have been times when a break in a routine, or unexpected event has sent me into a feeling of being overwhelmed and needing to remove myself from the situation. "

[Click here to read Bruce's article](#)



Autistics and our Fur Family

by Christopher Whelan



Christopher Whelan

"The inclusion of animal family and friends into the lives of autistic people brings so much joy into our lives. A friend we can rely on to love us unconditionally is key to good mental health and wellness. "

[Click here to read Christopher's article](#)

Watch the Road, Not the Screen.

by Jason Oldford



[Click here to read Jason's article](#)

"Some people on the spectrum love facts and figures; I'm one of them. A driver with autism like yours truly, may be interested in retaining the date and the other information on the screen. "

Find Your Yellow Brick Road

by Katherine Gallagher

"Before I knew that I was autistic, I had a constant feeling of not fitting in and knowing how different I was. I knew that I was different, but I could not understand what it was that made me that way. "

[Click here to read Katherine's article](#)



Chocolate Helps

by "Sadie's Mom"

"Emotions are so scary. You're sailing along calm waters and you think you're doing OK. Yes, you know you have scary territory underneath the water but as long as they remain under the surface, you're OK and you can function.

Sometimes you pass a pretty view or see someone who makes you laugh. Then you're happy and you just want to do everything and anything the world has to offer because you're so happy and free in the moment.

But sometimes a wave of negativity comes and suddenly you're drowning. All the demons from underneath the surface come rushing up, pulling you further under. You will do everything and take anything to make that feeling go away so you end the pain.

But the ironic thing is both waves are just emotions - happy and sad. No matter what life you are living, feeling happy and sad is inevitable. Both will come and go.

What's so scary is knowing that they are just emotions, and so they don't define you. I need to internalize this, so I don't make scary decisions either when I'm too happy or too sad. This is hard because in the moment you feel as if this is your everything.

But it's not.

That's why when things do get tough, I try to have something near by to remind me that it's not everything and this feeling is just an emotion. Chocolate sometimes does the trick :) "



Submitted by "Sadie's Mom"
https://www.instagram.com/sadie_pink/

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