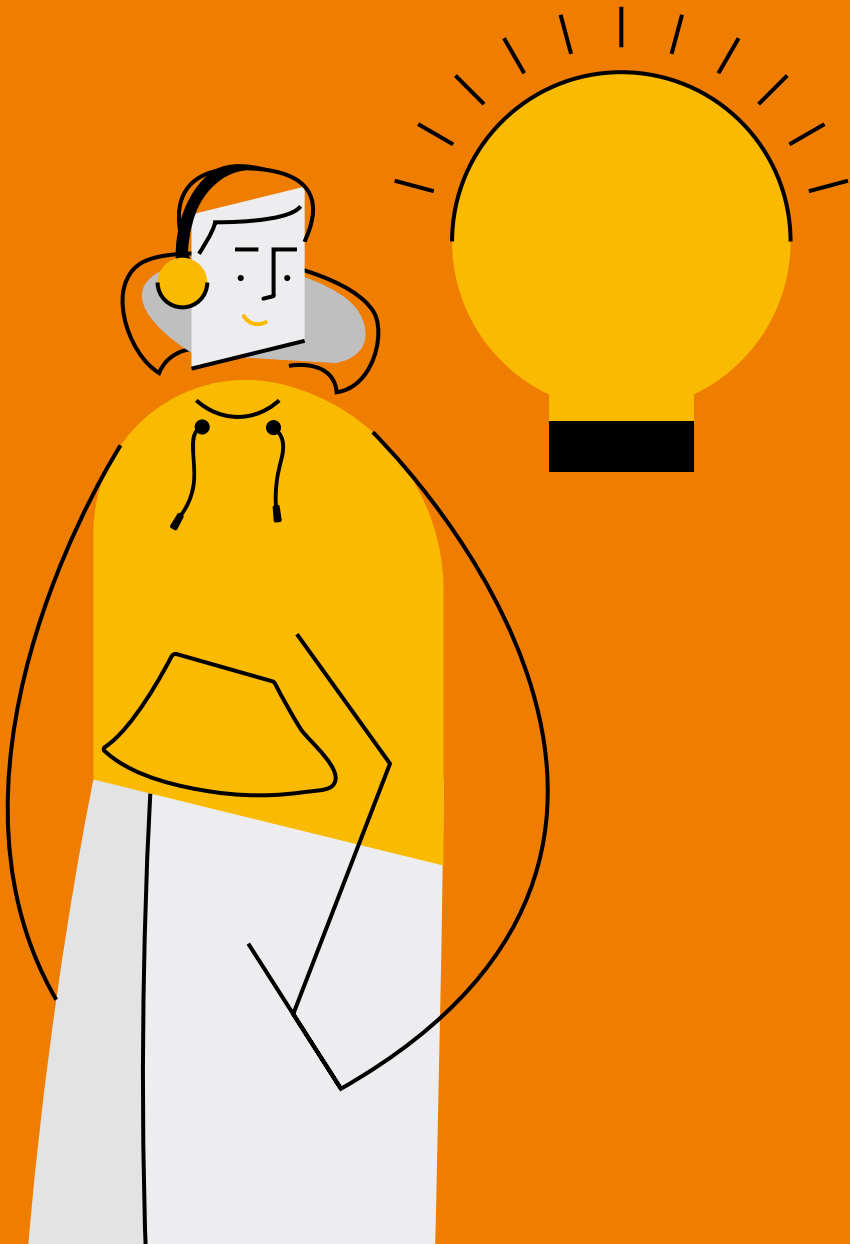




**Ambitious
about Autism**

Tips for dealing with sad news



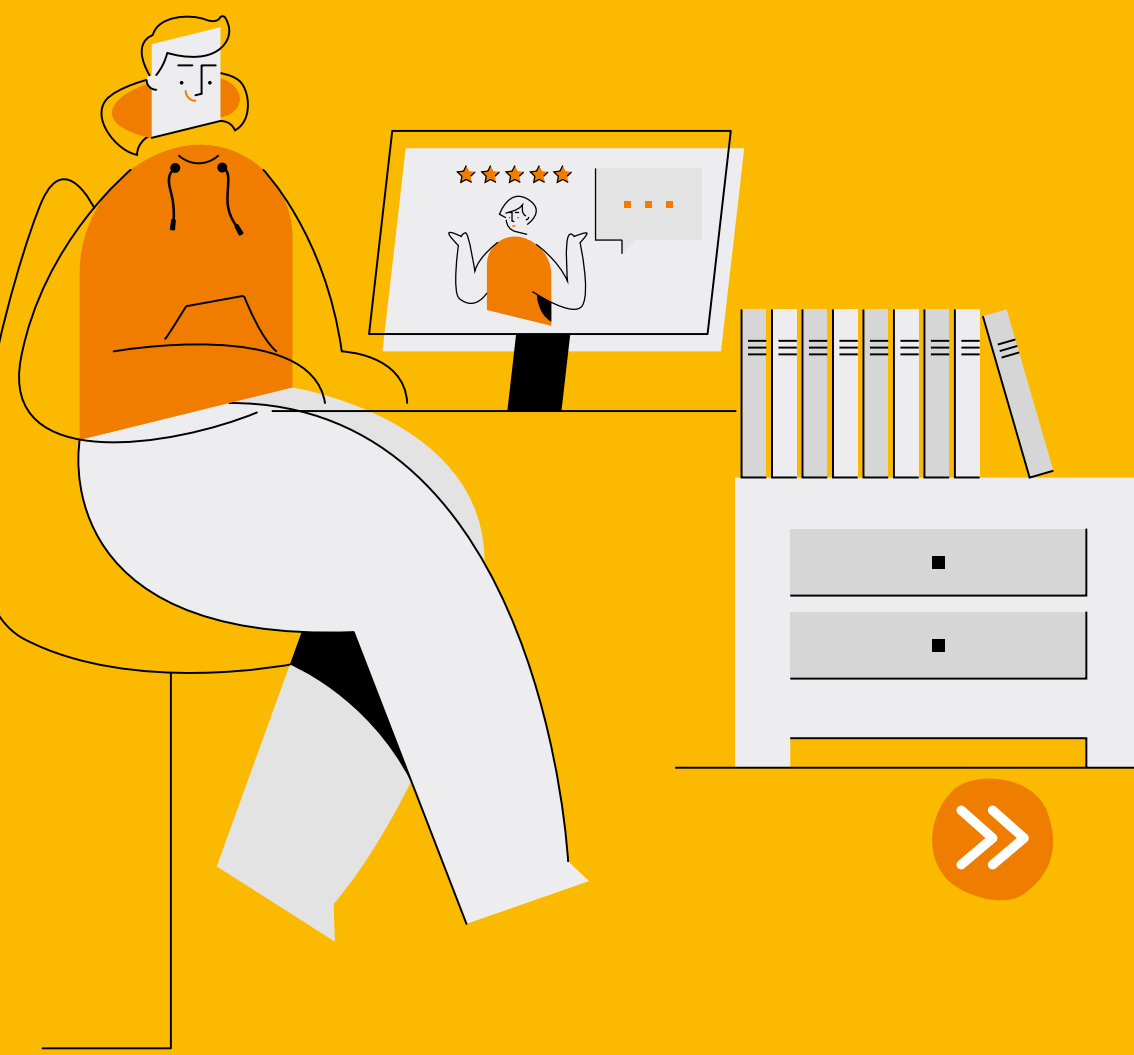
Sad news can make us feel worried and upset.

Here are five top tips, written by autistic young people, on what to do if you feel sad about what you have seen or read in the news.



1

Take a break from reading bad news if you can. Or try to balance out bad news with some happy news stories.



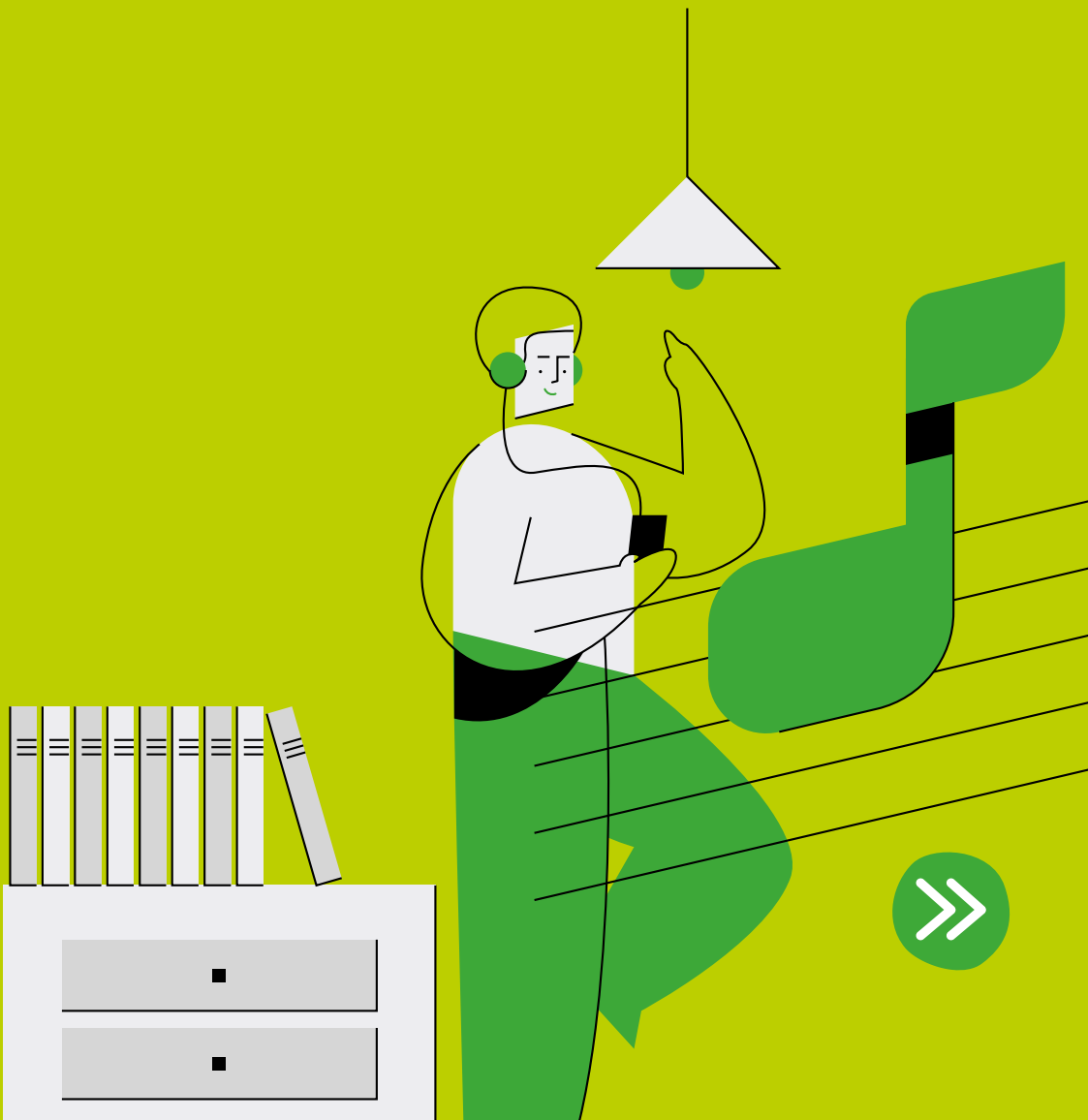
2

Talk to your family or friends about how you're feeling if the news starts to worry you.



3

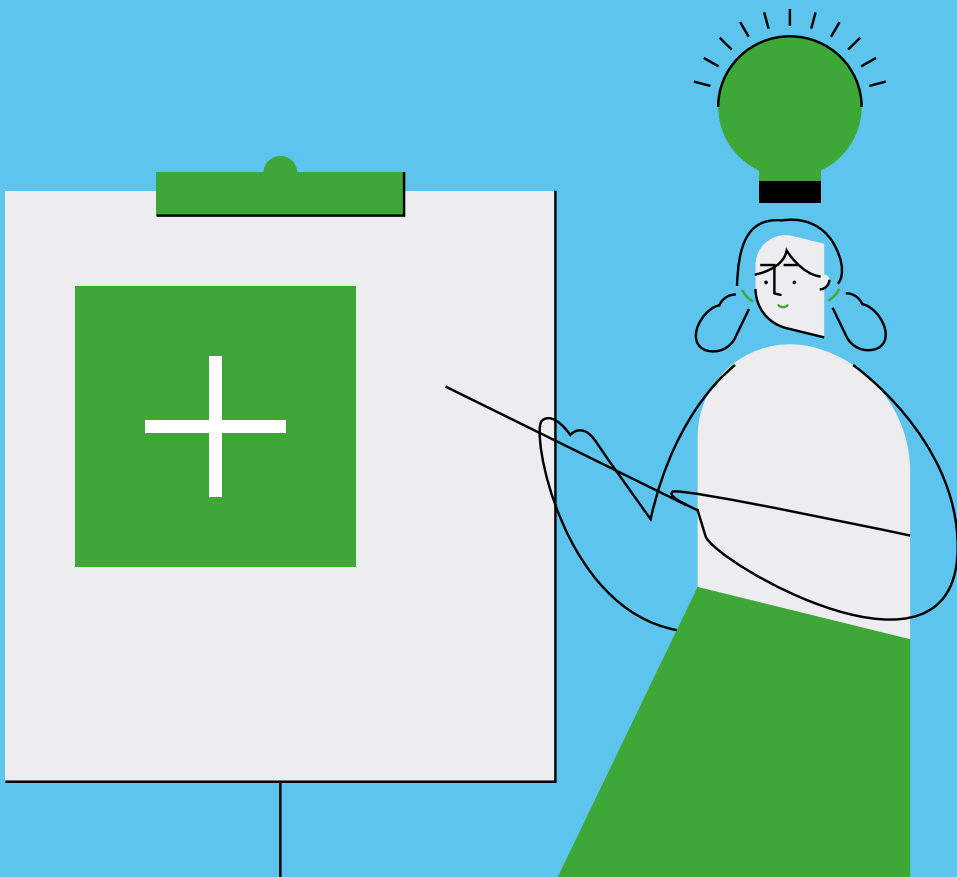
Do something you enjoy; you don't have to think about the news all the time.



4

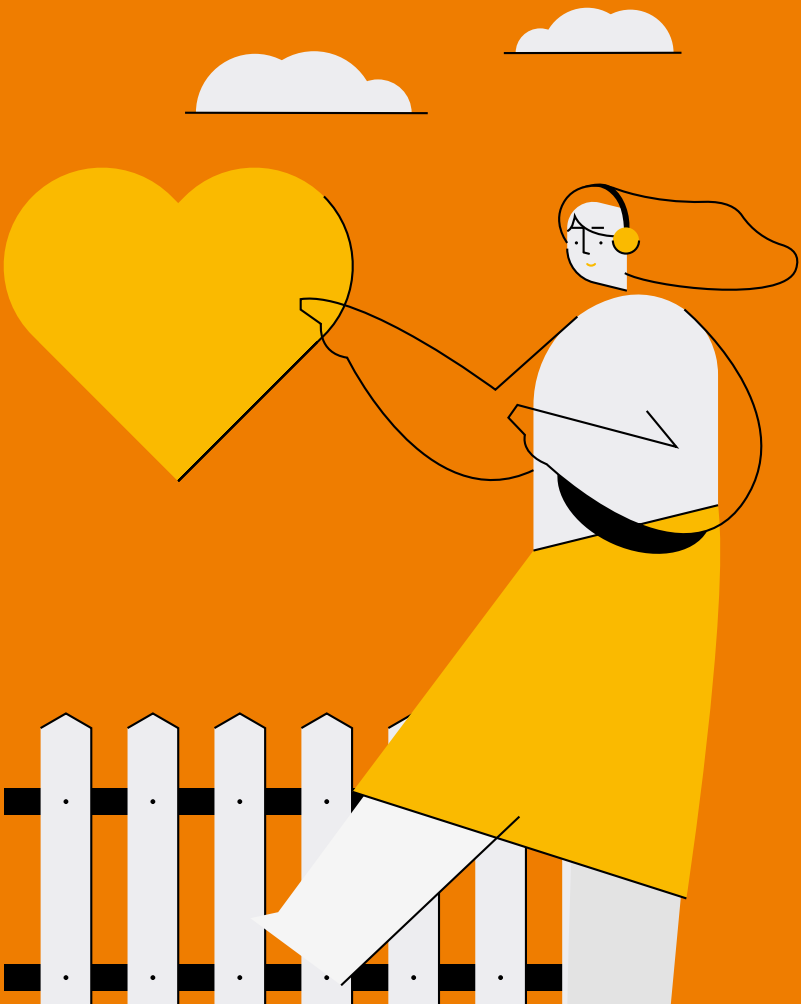
You can try and offer support in a way that feels right for you.

For example, you could share helpful resources with friends or family or donate to a cause related to the issue.



5

Look after yourself and
your wellbeing in a way
that feels good to you.



We are Ambitious about Autism

Ambitious about Autism is the national charity standing with autistic children and young people.

We believe every autistic child and young person has the right to be themselves and realise their ambitions.

We started as one school and have become a movement for change. We champion rights, campaign for change and create opportunities.

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