

## Tammy – Managing your wellbeing at work.

**Tammy:** Hi, my name's Tammy.  
I'm here to talk about, managing wellbeing at work as a fellow autistic.

**Tammy:** There's three things that I do to help me manage employment.  
The first thing that I do is I plan it in advance so that I can manage things that can cause me stress.  
So I have a night-time routine and a morning routine where I have thought about what I need to wear, what time I need to be at work. I've thought about what I need to eat and drink and if I have to prepare anything and I set times and alarms using tech, like, I have Google Home or my watch or my phone just to make sure that I'm staying on track.

**Tammy:** When I get to work, I try to make myself as comfortable as possible. I know this is different for all of us, depending on what kind of work that we are doing, but there's usually something that we can do to support us.  
So for example, thinking about how to manage sensory issues. So wearing a cap, wearing sunglasses, earplugs where you can still hear people, but you're not hearing some of those more irritating sounds.

**Tammy:** I think about, when I'm eating, if I want to be alone, I might wear headphones or carry a book.  
  
Or if, you know, I'm not wanting to smell other people's lunches or I'm having a bit of a sensory noise day, I might take a walk while everyone else is having lunch.  
  
And I have things like emergency snacks, in case I get too hungry and there hasn't been time for me to stop and have something to eat.

**Tammy:** And I also carry fidgets with me, that are quiet and don't really disrupt anybody else.  
But you know, things like having a Vicks vapour rub stick. If I come across something that smells ugh, to me.  
Or having fidgets and materials that I can touch to help regulate me if I'm feeling, out of sorts.

**Tammy:** It's really helpful for me to communicate openly at work about what I need and when I need it.  
I've learned that it's not selfish, that I don't have to try and be perfect, that there are going to be days where I'm not going to understand information as easily and I need things written down.

That you know, there are times when work tasks are going to be confusing and it's okay to always ask for help. I found that most people that I work with have wanted to support me because it just makes everything smooth for everybody when I'm able to do my work and feel safe.

**Tammy:** I have learned that if I'm eating badly, if I'm not sleeping well enough, and if I'm thinking about work a lot that I probably do need to talk to somebody and address it early and see if there's any adjustments that I can make to my work or to my day so that I feel better regulated.

**Tammy:** So that's important for me as far as self-care, including making sure I take medication that I have and seeing my doctors regularly if anything new is happening for me physically. And I also have a plan for what I need to do if I need to leave work because I'm feeling overstimulated or if I need to ask for a day off. I have a bit of a script that I can use. Again, remembering that it's better for me to take time out or to ask for help than it is for me to get myself into a place where I feel burnt out and unable to work at all. I hope this has been helpful, and thanks for listening.