

# Stimming

Many autistic people stim in different ways and this is mostly a positive experience which helps them to cope with world and feeling overwhelmed. You should not try to suppress stimming unless it is causing harm to the autistic person or others. Where the behaviours are unhealthy or harmful, safe stims can be practiced to replace them.



## Physical Stims



Arm flapping, rocking, chewing clothes or any repetitive complex movements

## Echolalia



When an autistic person use words, sounds or noises in a repetitive way

## Unhealthy Stims



Unhealthy or dangerous stimming is when an autistic person uses pain as a distraction. Common examples are head banging or self harming.

