

# Meltdown planning

What this plan looks like will depend on individual needs, preferences, and meltdown presentations. It should be completed with or by the autistic person. You may need to evolve your plan as you use it and learn what does and doesn't work for you. You can amend your plan as needed at any time.

## Pre-meltdown (rumble stage)

**What are my meltdown/overload triggers?**

**What are the warning signs before I reach meltdown?**

**What helps me during pre-meltdown stage?**

## During meltdown

**What do my meltdowns look like?**

**What helps me during meltdowns?**

## After meltdown

**What do I need after meltdown?**

Meltdowns are exhausting and can cause embarrassment or shame, which can lead to further overload if the right support and recovery time isn't put in place. It's important that you and those around you try not to approach the situation with judgement, but instead take time to understand your triggers and needs, and to treat this process as a compassionate non-judgemental learning journey.