Physical Health

Advice and Thoughts from the Autistic Community

'I was worried about not being able to see my GP about a rash on my face but just had a really good telephone consultation with her. Apparently some GP's are doing video consultations too. My GP got me to email in some photos. She can't be totally sure that what she's prescribed is correct based on this information, but it's a safe starting point. I wonder whether it might be possible to do a consultation purely by email if you find calls difficult; it's always worth asking at least…and I'm hoping that a good thing to come out of the Covid-19 outbreak is that everyone will be able to do more, like GP appointments, on-line (it would be less stressful for me sometimes).'

'Ensure that eating, drinking and exercising regularly, as well as sleep at regular times, is on your list!'

'Eat nutritiously, even if you don't feel like it. We need our immune systems and energy levels to be in peak form now more than ever.'

'Of course it's obvious that eating the right food is important, but it's easy to forget sometimes. If I get stressed I know I snack too much…it's really difficult. However I know that mostly I do it right and that's what counts – I don't beat myself up if I am not perfect at it.'

'With many meals, like steamed veg or something in the oven, I try to prepare at least two days' worth so that I can quickly heat something on the second day.

'Sometimes I will just make myself a vegetable wrap of chopped up small veg like peppers, carrots, brussels sprouts, leeks, peas and some cheese and stick it in the microwave for a few minutes. Really quick and nutritious.'

'From my autistic friend, Helen: I currently host online Menopause Cafes on a Wednesday 1.30-3.30 pm and Saturday 2-4 pm and will continue doing this until the world is a bit less up in the air with Covid-19. Other folk around the U.K. might start to also run them but at different times and days…And do you know, at the last event, there were four autistic women there!'