



Introduction

Welcome to the next issue in our 'keyworker series', where each month we focus on one of the eight domains of quality of life (QoL) and how you can support them through your weekly keyworker sessions.

This issue focuses on **emotional wellbeing** and regulation!

Prioritising this area allows young people to develop self-awareness and strategies they can use to become resilient and thrive.

Research Summary - Cooper et al (2024)

This large review pulled together 37 different studies about what psychological wellbeing looks like for autistic young people, based on their own words and those of their families. Three key ideas came through:

1. autistic young people want a balance between pushing themselves and having time to rest and feel comfortable;
2. they want help understanding themselves and how they relate to others;
3. they find real joy in their interests and hobbies.

The researchers suggest that support should focus on building skills and confidence, while respecting each person's need for downtime, autonomy, and meaningful activities.



Kate Cooper

The Reality

1. Foster Self-understanding

Recognising triggers, bodily sensations, feelings and their window of tolerance.

2. Develop Communication

Identifying low pressure ways to communicate & express how they feel.

3. Create Toolkits

What helps? Strategies must be rehearsed when calm to be usable under stress (Bennett, 2022) - practice together.

4. Model

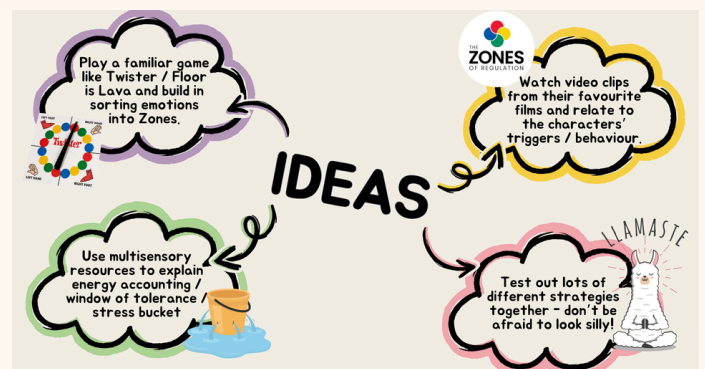
Be a role model - explain what you do & why. This helps transfer skills across contexts.

5. Balance Interests with Purpose

While interests are powerful tools, be mindful they don't reinforce avoidance/escape.

6. Reflect

What worked? What needs to be practiced? Self-reflection increases emotional awareness & confidence over time (Cooper et al, 2022).



Further Reading & Links

[Perspectives of Autistic Young People and their Parents on Psychological Wellbeing](#)

[The impact of a positive autism identity and autistic community on social anxiety and mental health in autistic young people](#)

[LAT Liberty Quality of Life Home](#)