

Peer Support Handout: Winter

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Winter Stresses

Winter can be a time of year that many people struggle with, particularly autistic people. There can be a number of reasons for this including the weather, social gatherings and family relations, and isolation.



Produced by:



**Mental Health
Equity Project**

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Winter Climate

Winter weather can be a significant stress on both mental and physical wellbeing, whether this is due to cold and SAD affecting you directly, or increase in heating costs adding financial pressure and stress.



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Celebrations and Gatherings

Winter festivities and social gatherings, particularly with family, can be a source of stress, particularly when circumstances or traditions change, along with the additional activity and socialisation.



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Resolutions and Reflections

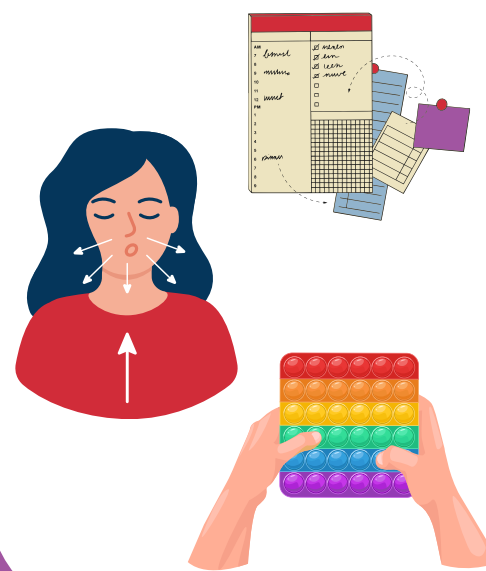
The end of the year can be a time of reflection, both positive and negative. As autistic people, changes to routine can be more difficult to implement, or process.



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Support and Coping Strategies

You may require additional support in the winter, whether social support, or practical assistance and resources. Coping mechanisms and tools may also be useful to manage in the winter



Signposting and Support Resources

Local Organisations and Support

Warm spaces: <https://www.warmwelcome.uk>
<https://experience.arcgis.com/experience/d6adbf692a7b4cfb8250b36bf8501a90/>

Financial Support: <https://www.citizensadvice.org.uk/consumer/energy/energy-supply/get-help-paying-your-bills/grants-and-benefits-to-help-you-pay-your-energy-bills/>

Christmas Support in Leeds - <https://leedsautismaim.org.uk/2024/12/17/christmas-2024-support-in-leeds/>

Touchstone Winter Wellbeing Booklet - <https://touchstonesupport.org.uk/winter-wellbeing-booklets-2024/>