



Not Your Average
AUTISM MOM

www.NotYourAverageAutismMom.com

5 Practical Strategies To Lessen Your Stress & Feelings of Overwhelm



In this ebook, we will explore five practical strategies that you can implement starting tomorrow to reduce stress and overwhelm in your life as an autism mom. While we often attribute overwhelm to various external factors, such as work, family responsibilities, and health goals, the key to understanding overwhelm lies within our own thoughts and anxieties. By addressing these underlying thoughts and implementing these strategies, you can regain a sense of balance and empowerment in your journey.



Being a parent to a child with autism comes with unique challenges and stressors that can often leave you feeling overwhelmed, exhausted, and uncertain. Together, we will explore the reasons behind the stress and overwhelm experienced by autism parents and provide practical strategies to navigate this journey without losing your mind, confidence, and belief in yourself and your child. Together, we will embrace resilience and discover the path to a fulfilling and empowered parenting experience.

Unburdened: Finding Balance Living Alongside Autism

Hello, I'm Shannon



All the years I questioned God, WHY ME? Why am I having to travel this lonely road lost and confused? I spent countless hours learning and thousands and thousands of dollars on training and coaching seeking answers which ultimately transformed my life. Not Your Average Autism Mom is everything I wish that I would have had when I was raising Jordan.

I know all too well the feelings of not being good enough and asking why me. I remember the day that Jordan was diagnosed with Autism, 20 years ago. The day that my life changed forever. I went through years of feeling lost and confused and having no one to turn to who really understood what it was like having an autistic child. Trying to find my way and figure it out. Wondering most days how I was going to make it through another day. I wished I had other moms who really understood the challenges I was going through day in and day out. I know what you are going through because I live it every day, just like you.

Jordan is 27 now and my parenting journey has not been easy. I made really hard decisions. I learned many things along the way, unfortunately, I learned most of them the hard way, and very often, if I'm being honest, I learned them too late.

Not Your Average Autism Mom is an identity. We are an incredible group of women from different walks of life raising autistic children and doing what others don't understand.



Why are you stressed & Overwhelmed?

In this chapter, we will delve into the reasons why parents often find themselves stressed and overwhelmed by the never-ending list of responsibilities. From managing household tasks to work commitments, therapy appointments, and doctor visits, the demands can feel insurmountable. By understanding the underlying causes of stress and overwhelm, we can begin to develop strategies to regain balance and alleviate the burden.

1. The Weight of Household Responsibilities

- Exploring the expectations and pressures associated with maintaining a household
- Balancing cleaning, cooking, organizing, and other household tasks with other responsibilities
- Identifying strategies for effective time management and delegation of chores

2. Juggling Work Commitments

- Recognizing the challenges of balancing career demands with parenting responsibilities
- Strategies for setting boundaries and managing workload to avoid burnout
- Exploring flexible work arrangements and seeking support from employers or colleagues

3. Navigating Therapy Appointments and Doctor Visits

- Understanding the necessity of therapy and medical appointments in supporting your child's well-being
- Organizational tips and tools for managing multiple appointments and schedules
- Advocating for your child's needs while also prioritizing your own self-care

4. Conquering the Never-Ending "To-Do" List

- Understanding the psychological impact of an overwhelming to-do list
- Prioritizing tasks and breaking them down into manageable steps
- Strategies for effective time management, including creating routines and setting realistic goals

5. Seeking Support and Resources

- Recognizing the importance of asking for help and building a support network
- Exploring resources and services that can alleviate the burden of responsibilities
- Tips for effective communication with family members, friends, and professionals to share the load

Managing household tasks, work commitments, therapy appointments, and doctor visits can overwhelm parents, leading to stress and exhaustion. However, with understanding and practical strategies, you can regain balance and reduce the burden. Discover how effective time management, seeking support, and setting boundaries can help you navigate daily life while prioritizing your well-being. Remember, you're not alone; there are resources and communities to guide and support you. Embrace challenges with a proactive mindset, taking small steps towards a more fulfilling life.

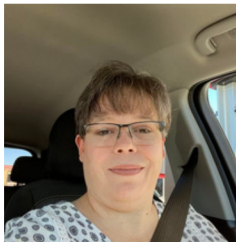
How to navigate this autism parenting journey without losing your mind, your confidence, and above all, your belief in yourself and your child.

Parenting a child with autism presents unique challenges that can take a toll on your mental well-being, self-confidence, and belief in yourself and your child. However, by adopting the right mindset and implementing effective strategies, you can navigate this journey with resilience and maintain a positive outlook. In this ebook, we will explore four key aspects that often contribute to stress and overwhelm: feeling resentful, resisting reality, others' lack of understanding, and losing oneself. By addressing these challenges head-on, you will discover how to thrive and support your child's growth while nurturing your own well-being.



Resentful

- Resenting the differences: Exploring the emotional impact of not celebrating traditional milestones
- Shifting perspectives: Embracing your child's individual achievements and finding joy in their progress
- Creating your own definition of success: Redefining milestones to align with your child's abilities and strengths



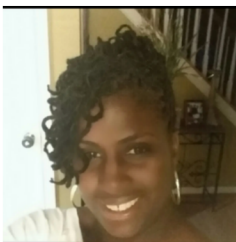
Stop Resisting

- The power of acceptance: Understanding how resistance amplifies stress and hinders growth
- Mindfulness practices: Cultivating present-moment awareness to embrace reality and reduce anxiety
- Focusing on what is within your control: Developing strategies to manage challenges effectively



They just don't "get it"

- The empathy gap: Accepting that not everyone will comprehend your journey
- Building a support network: Connecting with individuals who share similar experiences and can offer insight and understanding
- Educating others: Advocating for awareness and fostering empathy within your community



Losing Yourself

- Acknowledging burnout and overwhelm: Identifying signs of emotional exhaustion and seeking support
- Self-care as a priority: Carving out time for personal well-being and recharging
- Seeking balance: Finding ways to pursue personal interests and maintain a fulfilling life beyond parenting

FIVE practical things that you can start now to lessen your stress & overwhelm

1. The key to figuring out overwhelm is to figure out what you are thinking when you are overwhelmed.

Your thoughts cause anxiety. Anxiety is a biological reaction to the fear of danger when your brain senses a threat it creates feelings of anxiety.

- Ask yourself, what am I thinking? Figure out what the thought or thoughts are that are making you feel overwhelmed.
- What is a different thought that you could believe that makes you feel calmer and more in control?
- Stop and make a plan. The brain doesn't do well with planning and executing at the same time.

2. Stop doing this...

You **MUST** stop thinking and saying your life is so hard to yourself and others.

Pay attention to what you are thinking...

- Why can't things just be easier?
- Why are things always harder for me?
- Things never go right...

When you describe your life, describe it in a way that doesn't overwhelm you.

3. Practice saying "No"

You **MUST** learn to say no and be ok with it. When you say no from a place of knowing it is the best decision for you or your family, there is no need to feel bad.



CHAPTER III CONTINUED

4. SAYING you HAVE to do things...

It feels hard before you even do it.
The TRUTH is that you don't HAVE to do anything. When you GET to do things, it feels better and takes the temperature down.

5. Worry

Worrying never changes the outcome.
Worrying is ALWAYS optional.

Worry is an action you are taking from a thought you are thinking.

Listen for your "what if" thoughts...

If you catch yourself worrying, ask yourself,..
"Is this worth worrying over right now?"

Choose your WORRY TIME and use it.



Autism can be scary

There are many unknowns and with that comes uncertainty and guess what our brain dislikes more than anything?

**The goal isn't to clean the mess...
it is learning how to thrive within it.**



THE

3-PILLARS

COACHING

LEARNING TO MANAGE YOUR MIND AND UNDERSTANDING THAT YOU ARE IN CONTROL OF YOUR EMOTIONS IS THE KEY TO YOUR HAPPINESS

SPECIAL EDUCATION

WHEN YOU HAVE A CHILD WITH ADDITIONAL NEEDS, LEARNING & UNDERSTANDING SPECIAL EDUCATION IS NOT OPTIONAL, IT IS NECESSARY

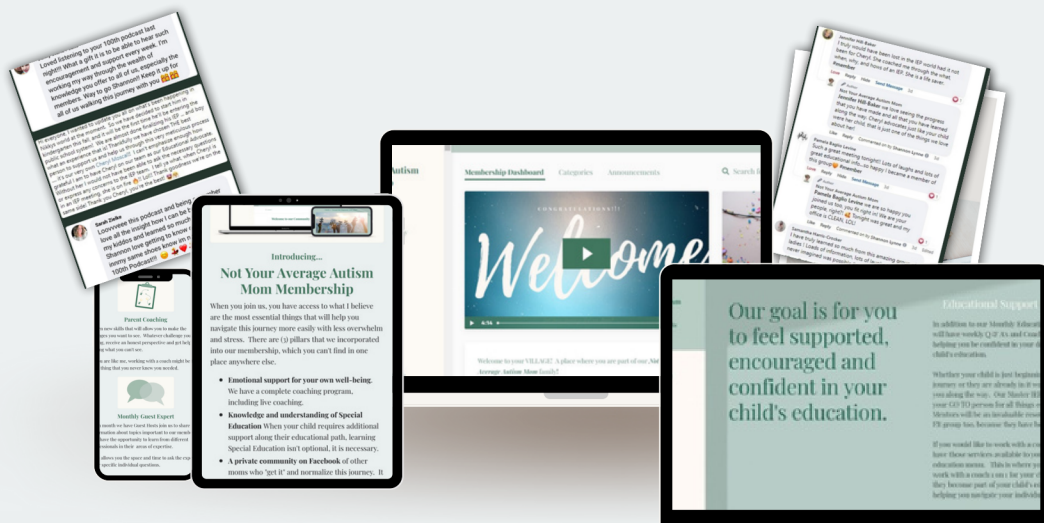
COMMUNITY

YOU ARE NO LONGER ALONE. WHEN YOU BECOME NOT YOUR AVERAGE AUTISM MOM YOU TAKE ON AN IDENTITY TO BE PROUD OF. IT'S A SENSE OF BELONGING. WE ARE ALL ON THE SAME JOURNEY JUST DIFFERENT.

When you become **Not Your Average Autism Mom**, you will learn to acknowledge what you cannot change and accept this unique parenting journey with grace, just as it is right now. We don't aim to meet others' expectations, instead, we focus on being the best version of ourselves.

Not Your Average Autism Mom is the brave woman inside us who does what others don't understand. The stress that living with autism can create is real and we will help guide you through the obstacles and down a path resulting in a more calm and peaceful home.

You will become a better mom, a better wife, a better friend, and most of all, a better YOU!



CURRENTLY CLOSED FOR NEW MEMBERS

Be one of the first to get all of the details!

[JOIN THE WAITLISTS](#)

Raising an autistic child is a different journey, it isn't bad, it is just different.

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