



**Autism
Central**
For parents and carers

Looking after yourself

Watch the new webinar series called 'Finding the balance' with Dr Naomi Fisher and Eliza Fricker.

Learn about the impact of self-critical thinking, and what we can do to be more compassionate with ourselves.

Each episode features a conversation on a different wellbeing topic with entertaining, relatable illustrations and practical exercises to follow.

Episodes include:

- Am I doing this all wrong?
- Dealing with other people
- Looking after yourself



www.autismcentral.org.uk/balance



FINDING THE BALANCE