

Questions to Ask Yourself About **inertia**...

1. Do I experience **inertia**?

- ☐ Sometimes
- ☐ Often
- ☐ Never

2. How often do I experience **inertia**?

- ☐ Never
- ☐ Every day
- ☐ Every week
- ☐ Every month
- ☐ Less than the options above

3. What are some situations where I experience **inertia**? (e.g., starting activities, stopping activities)

4. What does **inertia** feel like to me? (e.g., unable to start up, overwhelm, frustration, tension, excitement)

5. Some thoughts I have during **inertia** are... (e.g., I can't start this task, I'm really stressed, I'm wasting time, zoning out)

6. What things become difficult for me when I experience **inertia**? (e.g., focusing, doing errands, replying to emails, sleeping)

Strategies to Cope with Inertia

Here are some strategies for coping with **inertia** that other autistic adults find helpful:

- **When you feel inertia coming on, pause to name and observe the feeling you are experiencing (e.g., excitement, nervousness, etc.)**
 - *Try to recognize and embrace inertia, rather than fight it*
 - *Give yourself time to adjust*
 - *Try to calm down and let go*
- **Create a morning ritual that helps you feel energized and productive to start off the day**
 - *E.g., Making your bed in the morning so you are not tempted to get back in, reading a book you enjoy*
- **Play empowering music**
- **Reward yourself for completing a task that's tough for you**
 - *E.g., Treat yourself to watching a movie after completing laundry*
- **Monitor your energy levels throughout the day to recognize when you need a break**
 - *E.g., Visualize your energy as a battery that needs to be recharged*
- **If you are unsure of what to do next, talk about it with someone**
- **Have someone prompt you when you feel overwhelmed with tasks**
 - *E.g., Someone can ask you, "What can we do in a half-hour?"*
- **Help your friends, family, and coworkers understand inertia**, especially how it is different from "laziness" or "low motivation" (this guide might help); talk about what you need (e.g., flexibility in deadlines or flexibility when making social plans)

Things to Avoid When It Comes to Inertia

- Doing activities that can be difficult for you to stop (like scrolling on your phone) when you have things you must do
- Constantly putting others' needs first before addressing your own needs
- Too many/too large social events, or engaging in conversations that do not interest you
- Being around people who are unsupportive or do not understand your need to conserve your energy

My Plan to Cope with Inertia

Using the strategies above and your own ideas, follow some or all of the prompts below to help you create a personalized plan for dealing with inertia.

What I can do before inertia happens...

When I sense inertia coming on and I want to be alone, I can go:

When I sense inertia coming on, this is something I can use as a distraction:

When I am out in the community and I sense inertia coming on, something I can try is:

What I can do to prevent inertia...

An activity that I can add to my routine to look forward to is:

I know I could use a break when:

Something relaxing to do during my break is:

I like to reward myself by:

Self-Advocacy Script for **inertia**

Below are some prompts to help you create a script for explaining **inertia** to others. This script can be used to help you advocate for support in managing **inertia**.

1. Introductory sentence (how you would start this conversation):

E.g. Hi there, I think it's important for you to know this information about me...

2. Description of the problem as you see it (what is going wrong because of **inertia** and your environment):

3. Description of what **inertia** is like for you (e.g., stuck, tense, frustrated):

4. Your request - what do you think could change about the environment (physical, sensory, and social), or what could other people say and do that would help?