

Transition Stress

Managing transitions can be extremely frustrating for neurotypical people as well as those on the autism spectrum. In this episode we explore why change creates stress, how this may manifest into resistance to change, and some solutions around managing the stress around transitions.

EPISODE 12

Why Change Causes Stress 0:00-1:30

- primal instinct
- stress caused by severity of the impact of change
- stress caused by lack of resources to handle change

How Can The Stress of Change Apply to People with Autism? 1:30 - 2:24

- overwhelm
- lack of predictability and routine
- impacts the nervous system
- low frustration tolerance

7 Phases of Resistance to Change and How This Applies to Autism 2:24-6:49

Why We Resist Change and Some Solutions to Help Manage Change 6:49 - 13:38

Bret Shares His Experiences of Transition Stress With His Autistic Son 13:38-36:04

Nicole Shares Her Experiences of Transition Stress 36:05 - 1:14:23

How We Handled Transition Stress With our Autistic Students 1:14:23 - 1:19:24

Our Advice for Employers of Autistic Teachers and Workers and for Autistic People to Manage Change in the Workplace 1:19:24 - 1:29:00



UNDERSTANDING AUTISM PODCAST

SHOW NOTES SEASON 1 EPISODE 12 TRANSITION STRESS



Transitions Stress
artwork by Nicole Kubilus

["Is Change Bad For Your Mental Health?"](#)
(blog) by [5 Forces of Change \(website\)](#)

["What is the Resistance to Change?"](#)
(blog) by [Jennifer Delgado](#)

["Why We Resist Change"](#) (blog)
by [Ralph Ryback](#)