

# Symptoms of Autistic Grief & Loss

These are just a few examples that may indicate you or an Autistic person in your life may be grieving a loss. This experience can impact several areas of functioning, and can affect every Autistic person differently.



## Sensory Symptoms

- Sensory sensitivities increase i.e. sound, touch, light, crowds
- Seeking or avoiding sensory input for greatest comfort
- Feeling overwhelmed in busy sensory environments



## Behavioural Symptoms

- Changes in routines or rituals
- Increased need for comfort items or stimming behaviours
- Avoidance of people, locations or activities that are reminder of the loss



## Social Symptoms

- Socially isolating
- Struggling to communicate or share grief with others
- Greater difficulty in understanding social cues and expectations



## Physical Symptoms

- Fatigue, exhaustion
- Stomach aches/gastrointestinal issues
- Headaches/migraines
- Sleep changes and challenges
- Loss or increase in appetite



## Cognitive Symptoms

- Difficulty focusing and concentrating
- Overthinking the loss
- Difficulty managing daily responsibilities
- Forgetfulness



## Emotional Symptoms

- May 'shut down' and be closed off to others
- Emotionally on edge; more irritable; frequent uncontrolled crying
- Emotional numbness and inability to describe or display emotions

For more resources on Autistic Grief & Loss, [click here](#) or scan the QR Code

