

# Mindfully Autistic - Not just for the Moment



An excellent insight into the benefit of mindfulness for young people with Autism.

Sian, who is 25 years old, talks about the positive impact of using mindfulness as a coping strategy to help her live with Autism, ADHD and the challenges that these conditions affect her on a daily basis.

She explains about understanding mindfulness and promoting happiness, reducing stress using mindfulness on how to challenge negative thoughts and turning it into a positive thinking and how it helps her.

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