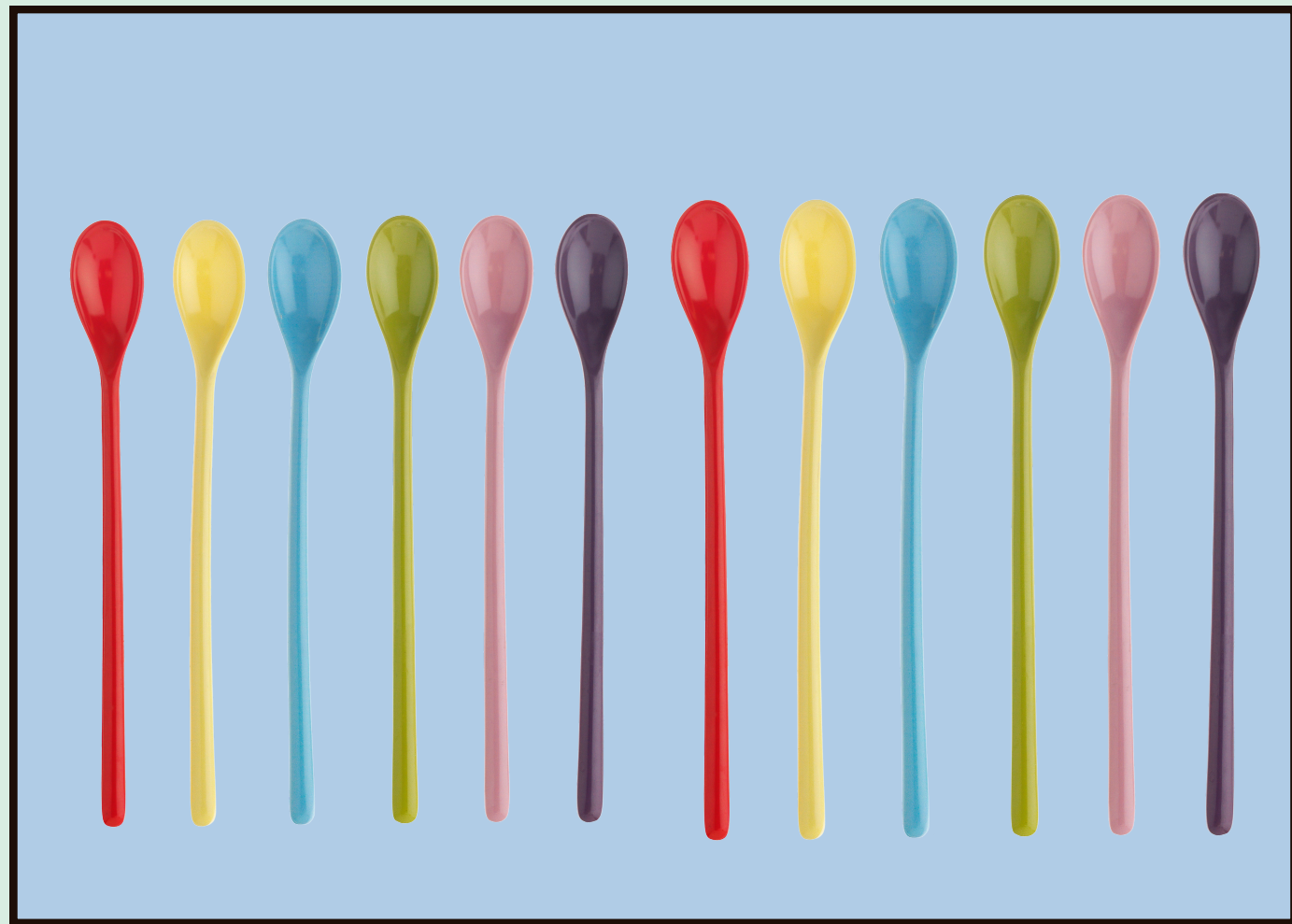


Spoon Theory - Explained

How to manage the day to day stress experiences and demands:



01 Spoon theory by Christine Miserandino is a metaphor often used to explain the energy that autistic people have to navigate daily tasks. Each "spoon" represents a unit of energy or the ability to cope with day to day stress experiences and demands.

02 Many autistic individuals often need to invest more energy into tasks that neurotypical individuals may find easier to complete. Activities that are straightforward can take longer, cause greater challenges, therefore consuming significantly more 'spoons'.



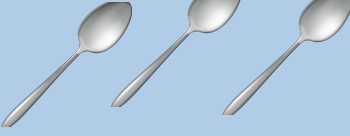



03 Consuming more 'spoons' may be due to sensory differences, masking or social expectations.

So the more energy used = less spoons available. This can change day to day.



Imagine, in any one day, you have a total of 12 spoons available. Tasks and demands during the day use up the available spoons.

04 For Example :
Getting Dressed For School 
Brushing Teeth 
Attending A Party 
Busy Crowds 

05

06 On days where all 'spoons' have been used, the autistic individual will not have enough energy to do the things they like to do. This could result in being sad, getting angry, have nothing left to give and finding it hard to do anything. Resulting in shutdowns, meltdowns and sensory overloads.

Having no 'spoons' left the day before can also impact autistic individuals future energy levels too. So, may start the day with less 'spoons' reducing access to energy and increasing the risk of stressed induced meltdowns.

07

08 By acknowledging the constraints of available energy and making intentional choices about how the spoons are allocated, an autistic person can avoid the risk of fatigue.

09 Along with allocating 'spoons' to each activity it can also be beneficial throughout the day to make time for sensory breaks, downtime, taking part in their interests for example as this can replenish energy too.

Spoon Theory - How it works

How to manage the day to day stress experiences and demands:



- Start your day with all you 'spoons' on the table.
- Each task you tackle throughout the day consumes a certain amount of 'spoons'.
- The quantity of 'spoons' used can vary depending on how you feel approaching task, your current state of mind and or your general wellbeing.
- Below is an example list on how to allocate your 'spoons'.
- Certain activities such as sleeping and relaxing could replenish your 'spoons', but not always the case if dealing with disturbances.
- If you use too many 'spoons' in a single day, you might borrow from the next day or even a few days ahead, but do this with caution as you may overextend the energy available. It is best practice to replenish your 'spoons' so not leading to burnout.

A great App to support you using the Spoon Theory is called SpoonieDay.

More details can be found by scanning here →



Energy used : 1 spoon



- Waking Up
- Getting dressed
- Walking to school
- Watching TV
- Making Food

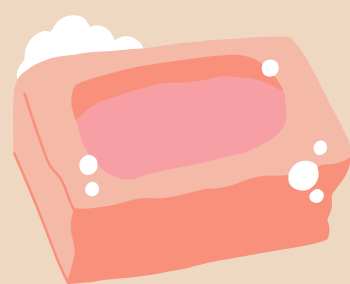
Energy used : 2 spoons



- Speaking to people about how I feel
- Doing group work in lessons at school
- Busy corridors at school
- Eating in front of people



Energy used : 3 spoons



- Homework
- Playing in the School playground
- Public Transport
- Brushing Teeth
- Showering
- Going On Holiday



Energy used : 4 spoons

- Socialising
- Going to appointments
- Christmas time
- Cleaning the house
- Taking Medication



Sources :

- Spoon Theory & Autism By Lynn McCann
- Hitting the Wall, Burnout and Spoon Theory By Gregg Wyatt
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