



# APRIL

**Did you know...** that April is World Autism Month?

## What is World Autism Month?

World Autism Month is a month dedicated to celebrating the differences of those with autism, as well as raising awareness, acceptance, and understanding for the Autism community. It is kicked-off annually on April 2nd, which is the United Nations-sanctioned World Autism Awareness Day. The United Nations General Assembly unanimously declared April 2nd as World Autism Awareness Day to encourage members to work toward improving the quality of life for individuals with autism.

## What is Autism?

Autism Spectrum Disorder (ASD) is a developmental disability caused by differences in the brain. There are many types of autism, and they are often characterized by challenges with social skills, repetitive behaviors, and speech and nonverbal communication. ASD manifests differently in every affected individual, and some may have more severe cases of autism than others. The CDC estimates that 1 in 36 children and 1 in 45 adults in the United States are affected by autism. Most diagnoses occur around age 5, while signs of autism surface around age 2 or 3.

## Co-Occurring Conditions

Often, individuals with ASD are affected by other medical, behavioral, or mental health issues. Some of the most common co-occurring conditions include:

- Attention-deficit/hyperactivity disorder (ADHD)
- Anxiety and depression
- Gastrointestinal (GI) disorders
- Seizures and sleep disorders

## ◆ Wellbeats

Wellness

Getting a good night's sleep and managing your stress levels are great ways to ensure you can take on the challenges of the next day. With Wellbeats, you have access to quick classes, micro-learnings, and curated programs dedicated to Sleep and Stress Relief.

Explore the pages below to learn more:

**Wellbeats Sleep**

**Wellbeats Stress Relief**

Ready to join? In your Wellbeats Wellness account, go to Programs to join the **Intro to Mindfulness** today. Start today and discover the transformative power of inner peace.

## Works Cited

- <https://www.autismspeaks.org/what-autism>
- <https://www.un.org/en/observances/autism-day/background>
- [https://www.cdc.gov/autism/about/index.html#cdc\\_disease\\_basics\\_symptoms-signs-and-symptoms](https://www.cdc.gov/autism/about/index.html#cdc_disease_basics_symptoms-signs-and-symptoms)
- <https://www.autismspeaks.org/world-autism-awareness-day>

Download the Wellbeats Wellness app or go to [portal.wellbeats.com](https://portal.wellbeats.com) to get started, or by scanning the QR code!

