



This toolbox was designed by two mothers with children within the Autism Spectrum, Juana Venegas and Camila Garcia. Juana is the founder and director of Manu for Inclusion Foundation <https://manuforinclusion.org>. Juana has been a student of the Aliveness Program for the past two years that focuses on creating a life with purpose and intentions.

Currently, Juana is creating a path to get her life coach certification with the Aliveness Programs <https://www.alivenessprograms.com>.

Camila Garcia is a Spiritual and Life coach and founder of “Tu Verdadero Ser”. Camila is currently working on her international Spiritual and Life coach certification with Esneca <https://www.esneca.com>.

This workshop is dedicated to all the parents and children that have touched by Autism. We have been in their shoes and are still learning through this journey of motherhood. With all our love, wisdom and knowledge that we have learned through personal experiences and personal-development courses, we have developed this gift that we’ve called: The Toolbox.

We ask is to be willing, honest, humble, openminded and to trust.

1. Personal self-rediscover of myself by stating my I ams:

*For Example, Juana’s are I am calm, I am Healthy, I am a Believer, I am lovable, I am Accepted.*

Through the guided mediation we are going to find our true self again. We go through this process to reclaim our inner child because back then in our childhood we were pure at heart and we lived in truly happiness

- a. I am
- b. I am
- c. I am
- d. I am
- e. I am

Homework: Find and say these “I AM” to your son, daughter, loved ones and repeat these “I AM” to them constantly.

- a. I am
- b. I am
- c. I am
- d. I am

- e. I am
2. Letting go: “Universe, grant me the Serenity to accept the things that I cannot change, the Courage to accept the things I can change and the Wisdom to know the difference one day a time.”

*To analyze this prayer, we could use the hula hoop analogy which it is to put a hula hoop around our waist. we can control certain aspects of our lives by the choices we make but there are still things that are out of our control and the end to let go or choose to let go of those things. Because if I continue to holding on to control, my anxiety, depression and other emotions my come back. Juana calls this state The Tornado (big red flag)*

- a. Exercise:

what are things you can control over	and what the thing that you don't have control

Exercise Listen to Bob Marley “three lttle birds”

3. Possibilities One day at a time with daily faith, gratitude, the Power of the Pause, and to look for a new possibility. This practice creates new neuropathways in our brain, and it does change our thoughts and actions.
- a. Power of the Pause: To stop when emotions are high, take a few breaths, repeat your mantras/”I AMs”

**“Your beliefs become your thoughts,  
Your thoughts become your words,  
Your words become your actions,  
Your actions become your habits,  
Your habits become your values,  
Your values become your destiny.” Mahatma Gandhi**

Problem	New Possibility




5. The Power of Forgiveness:

Peace within me by the power of forgiveness: in order to find peace within ourselves we need to forgive our mistakes that we made as parents because we are human, and we are doing the best we can with what we know. I repeat the following phrase: “I didn’t have the knowledge nor the tools back then , and I am just human” Example Juana and Manu’s school decision

My Actions	How I forgive myself

6. Into Action: the following acronyms will help you achieve wellness and mindfulness by practicing them daily

- a. WART “Work, Ask, Receive, and Thank”
- b. ART “Art of Remaining Teachable”
- c. HALT “Hungry?= Eat Angry? =Power of the pause, I am and find the fear, Lonely? =Call your mentor or best friend, Tired?= Sleep”
- d. Mind, and Spirituality: meditation and the power of prayer can be useful to achieve moments of calmness, serenity, and enlightenment. Examples: Higher Power Box, Journaling and the use of free apps like Calm and Insight Timer.
- e. Listening to our bodies:
  - i. Eat every three hours, and drink water often
  - ii. Notice what foods disagree with our digestive system or nervous system
  - iii. Exercise to create endorphins (helps with depression and anxiety)
  - iv. Explore and name your main emotions:
    - 1. Anger: seek the fear,
    - 2. Sadness: am I thinking in the past?
    - 3. Anxiety: am I thinking in the future?
    - 4. Happiness; enjoy the beautiful moments to life give us.
    - 5. Ashamed, are there any resentments?
    - 6. Fears: are these real?
  - v. Sleep at least 8 hours daily
  - vi. Connect with nature and other human beings.

7. The power of the Communication:

- a. Ask for help: professionals, mentors, therapists.
- b. Find the right professionals for yourselves (therapists, life coaches etc, doctors, nutritionist, and holistic medicine) and your son and daughter (ABA therapists, Speech pathologist, Occupational therapists, Neurologist, therapists, Doctors etc).

- c. Be curious and follow your gut and make sure they have similar values/goals to you.
  - d. Educate other people around you about children with different needs.
  - e. Create our own powerful community
8. You are the Best Advocate for you son, daughter and loved one Find the right professionals for yourselves (therapists, life coaches etc, doctors, nutritionist, and holistic medicine) and your son and daughter (ABA therapists, Speech pathologist, Occupational therapists, Neurologist, therapists, Doctors etc). Be curious and follow your gut and I make sure they have my own values. Example Juana finding the right ABA company. These professionals can help to decrease behaviors and increase self-teem,
- a. Create your own IEP meetings with your private therapist and the school's staff so the development in the kid is equal in all the environments, such as home and school. By law anyone can attend an IEP meetings. For more information on the Idea act please visit the. Following sites:

<https://sites.ed.gov/idea/>

[https://en.wikipedia.org/wiki/Individuals\\_with\\_Disabilities\\_Education\\_Act](https://en.wikipedia.org/wiki/Individuals_with_Disabilities_Education_Act)

[http://project10.info/files/TransitionRoadmapFinalFormat4Printing\\_6.6.16.pdf](http://project10.info/files/TransitionRoadmapFinalFormat4Printing_6.6.16.pdf)

<http://www.fl DOE.org/accountability/assessments/k-12-student-assessment/fl-alternate-assessment.stml>

<https://www.cdc.gov/ncbddd/developmentaldisabilities/index.html>

<https://taskca.org/services/>

<https://fndusa.org/training-list-menu-of-workshops/>

<https://www.special-learning.com/article/depression>

9. From this workshop,
- a. what are you going to bring to your home?
  - b. Who in your community can you share what you learned and hold you accountable? Example: a teacher, Friends, therapists, other parents.