



## Too Different to Be Normal, Too Normal for Help : Strategies for the Struggling High functioning

### Description

MEDA Foundation

### CATEGORY

1. Adults with Autism
2. Friends, Families & Community
3. High Functioning Neurodivergents
4. Self Help 101

### POST TAG

1. #accommodations
2. #Belonging
3. #Burnout
4. #chronicfatigue
5. #CopingStrategies
6. #EmotionalResilience
7. #energybudgeting
8. #executivedysfunction
9. #highfunctioning
10. #InvisibleStruggles
11. #lowspoons
12. #Masking

13. #MEDA
14. #MedaFoundation
15. #MentalHealthAwareness
16. #misunderstood
17. #Neurodivergent
18. #Neurodiversity
19. #selfvalidation
20. #SupportSystems
21. #twiceexceptional

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