Finding Calm in the Everyday: Reflections from Our Women's Forum

At CAAS, The Women's forum is all about creating a relaxed, welcoming space where women can come together to share thoughts, experiences, and ideas which are completely free from judgment and each month we choose a new topic to explore.

At our most recent session, the group explored a topic that resonates with many of us: relaxation and wellbeing. Together, we shared small but powerful ways to feel calmer, improve focus, and boost overall happiness.

Here are some of the tips shared from our autistic clients.

Raise Natural Dopamine

We started by talking about ways to give ourselves a natural boost in the morning, a few people mentioned how avoiding blue light from phones and screens for the first hour after waking really helps to keep the mind clear. Instead, getting outside or even standing by a window to catch some morning sunlight, even when it's cloudy, can do wonders for your mood and focus.

We also chatted about avoiding intense dopamine hits first thing, sun lamps and natural-wake alarm clocks were mentioned as lovely gentle alternatives. A simple but effective idea was to switch white light bulbs for warm ones at home, creating a softer and more relaxing atmosphere to help you unwind in the evenings.

Movement

Movement was another big topic. Whether it's yoga, meditation, walking, or heading to the gym, everyone agreed that some form of movement helps both mind and body. One person shared a great tip about booking into classes ahead of time to help stay motivated and actually get yourself through the door.

Getting Lost in Your Interests

Another theme that came up was how wonderful it feels to get completely absorbed in something you enjoy. We also spoke about the importance of planning time for your hobbies and interests rather than waiting for a free moment to appear. It's one of those life hacks that sounds small but makes a big difference.

If you love to share your interests with others, then come along to our Showcasing group where you can do just that in a supportive non-judgemental space!

Soothing sounds

Sound can be deeply calming, and it was lovely to hear how many people use it as part of their relaxation routine. Some find that white, pink, or brown noise helps them unwind after a busy day or even improves their focus when working or studying. Others mentioned ASMR, which can be surprisingly effective for creating a sense of calm and helping with sleep.

Expressing yourself

We wrapped up by talking about the small things that bring comfort or spark curiosity. Music, singing, and dancing came up as simple but powerful ways to express yourself and let go. There's something very freeing about putting on a song you love and just moving, no pressure, no purpose, just joy.

These conversations reminded us that wellbeing doesn't need to be complicated or time-consuming. It's built from the small, meaningful things we choose to do each day , the moments that make us pause, smile, or simply breathe a little easier. A walk in the morning light, a quiet hobby, or a favourite show at the end of the day can all become part of how we look after ourselves. When we make space for these moments, we make space for calm, connection, and joy.