



AUTISM in CONTEXT

from neurodiversity to neuroharmony

H.A.P.P.Y.

Happiness in Autism Personal Project for Young people

Wat is H.A.P.P.Y. ?

Every person wants to be happy.

Having autism does not necessarily mean that one cannot lead a happy and fulfilling life. However, it is not always easy to find the path towards an "autistically happy" life.

On the autistic path towards a happy life, there are many obstacles. And sometimes there are intersections where it can be difficult to choose which way to go. And sometimes it seems like there is no path.

And here's where I can help you.

I can help you making **your own road map** towards a happier and more fulfilling life.

I have no magic formula, of course, nor can I sell you luck and well-being.

But what I can do, is helping you with ideas that could increase your personal well-being. No, not the 10 tips that will guarantee the ultimate happiness in 30 days. But strategies for well-being that are **evidence based**.

Happiness is a very personal thing: what makes you happy does not necessarily make another person happy. So, therefore no general or universal tips. I will help you with tips that are unique and adapted to who you are and what you want with your life.

That's H.A.P.P.Y.: I support you in making your own happiness project.



How does H.A.P.P.Y. work?

To start with, I will send you a **questionnaire** to inform me about your current well-being, your unique living situation and your wishes for a happy life.

Based on the information you give me, I develop a unique and personalized **workbook** with ideas to increase your well-being.

In a **video-chat** I will discuss with you the workbook and how to use it. You can ask me questions too.

You then start to work with the workbook.

There is the possibility of **follow-up chat sessions**, where we look at your happiness project together. In these sessions you can ask me questions or ask advice.



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