Connection *on your terms.*

Friendship doesn't have to mean big parties and daily calls. Here's how to spend social energy wisely — and connect in ways that fit your brain.

YOUR SOCIAL BATTERY

Energy goes out. Energy comes back.

Many ND people describe social energy as a battery that drains faster in some settings than others. Knowing your drains and chargers helps you plan.



EMPTY · LOW · OKAY · GOOD · FULL

← OFTEN DRAINS

- Busy group chats
- Loud parties
- Small talk
- Surprise plans

OFTEN RECHARGES →

- One-on-one time
- Shared interests
- Parallel activities
- Quiet together

TODAY'S SPECIALS · ORDER WHAT FITS

The Connection Menu

Low energy ■□□

- Send a meme
- React to a post
- Voice note, no reply needed
- Watch a show "together"

Small signals that say "thinking of you."

Medium ■■□

- Parallel play
- A walk side by side
- Coffee for one hour
- Co-working or body doubling

Together, with a built-in focus.

Full battery ■■■

- Game night
- A long phone call
- Cooking a meal together
- A day trip or event

Save these for the good days.

Every item counts as connection. **Small is still real.**

Continued on back →

WHERE TO LOOK

Finding your people

Friendships often grow easiest around a shared "thing" — it gives you something to talk about and a reason to keep showing up.

- **Interest groups** — Book clubs, maker spaces, chess
- **ND-led meetups** — No masking required
- **Online communities** — Talk at your own pace
- **Classes** — Built-in structure each week
- **Volunteering** — A clear job to focus on
- **Fandom spaces** — Cons, forums, fan servers

BORROW THESE WORDS

Friendship scripts

INVITING

"I'm going to the board game café Saturday afternoon. Want to come? No pressure either way."

DECLINING KINDLY

"Thanks for asking! I'm low on energy this week — could we do something quieter soon?"

LEAVING EARLY

"I've hit my limit for tonight, so I'm heading home. I'm really glad I came."

CHECKING IN AFTER A QUIET SPELL

"Hey! I went quiet for a while — that's just how my brain works sometimes. I've missed you."

YOUR TURN Jot down who fills your battery — and how you like to connect.

My people	How I like to connect
1 _____	1 _____
2 _____	2 _____
3 _____	3 _____

For education and community support, not diagnosis. For personal guidance, reach out to a neurodivergent-affirming professional.