



WHAT IS BURNOUT?

Autistic individuals can experience burnout when they are faced with too much change, feel overwhelmed by sensory input, or have spent too much time masking*. This can impact them in a variety of ways including -



COMMUNICATION-

Such as not being able to think of what you want to say, forgetting or confusing words, being unable to speak



EXECUTIVE FUNCTIONING SKILLS-

Such as not being able to break down a task, remember what you were doing and focus on an activity



EMOTIONAL REGULATION, SELF-ESTEEM AND ANXIETY-

Such as getting angry more quickly, being more tearful, feeling unmotivated, feeling more worried than usual



SELF-CARE-

Trouble falling asleep, being tired during the day, not wanting or feeling able to attend to personal hygiene tasks such as brushing your teeth or changing your clothes

***THIS IS NOT AN EXHAUSTIVE LIST.**