

Autistic and ADHD Burnout

QUICK GUIDE

Causes of Autistic and ADHD Burnout:

- sensory overload
- executive functioning overload
- intense levels of stress
- barriers to support/lack of accommodations
- increase in demands
- sudden or significant changes
- suppression of Autistic traits



burnout is often a result of a combination of causes and factors, not a single event

Signs of Autistic and ADHD Burnout:

inability to regulate	reduced executive functioning
exhaustion & fatigue	more frequent meltdowns
changes in sensory sensitivity	self-care tasks are harder
difficulty with communication	increase in demand avoidance

there is no **standard** timeline for burnout or recovery from burnout

Things to do in **advance**

- figuring out your sensory profile
- make a burnout recovery plan
- stock up on safe/same foods
- set up a sensory toolbox
- communicate with friends, loved ones, family or support people

Supporting yourself **during**

- rest, rest and more rest
- reduce as many demands as possible
- spend time with your special interests
- set up reminders for water and food
- support your sensory needs
- take a break from social interactions