

Autistic Fatigue & Burnout

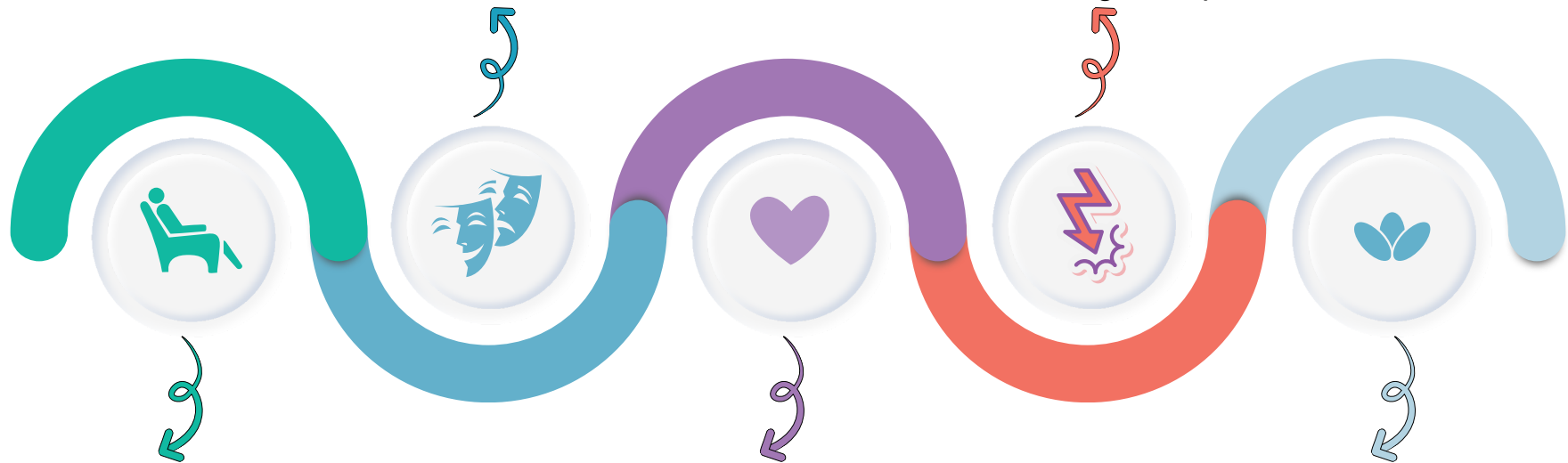
Coping Strategies

Unmasking

Allowing yourself to act naturally without worrying about your behaviour is an important step to help recovery.

Identify Triggers

Identifying patterns can help you understand what your triggers are. This will give you more control over situations and allow you to put strategies in place.



Rest & Re-charge

Stop and take time to rest to give your body time to recover

Energy Counting

Plan and organise your activities based on your available energy levels

Small Changes

- using earplugs to help sensory overload
- practicing meditation
- taking (more) breaks
- finding a quiet place where you can go to recharge when things get a little too much