

Autistic Burnout: Recovery and Coping Strategies

While burnout prevention is the best course of action, sometimes this is not possible and Autistic Burnout becomes hard to avoid, particularly if reasonable adjustments are not made available. In this case, recovery becomes the focus, and there are a number of coping strategies and steps to recovery that can be helpful.

Immediate Response

Immediate actions to prioritise self care and start recovery may include:

- Try to reduce sensory input and give yourself a sensory safe space
- Set boundaries, adjustments and reach out to your support network
- Most importantly prioritise rest as it is essential to recovery



“Being Autistic” & Unmasking

Among the stressors that can lead to Autistic Burnout is the expectations set by a neurotypical world and the measures we take to conform to it, such as masking. Masking can be a major contributor; seeking reasonable adjustments in work and education may be vital to manage this, along with allowing ourselves time to be Autistic, to un-mask and re-engage with special interests.



Managing Energy and Routine

Re-assessing daily life and dropping unnecessary commitments can play an important role in long term recovery. During burnout you will need to prioritise your own wellbeing, however maintaining some daily routine, can act as a source of stability and help you to recover. Knowing what is best for your routine during burnout can be difficult, so reaching out to family, friends, local services or colleagues for support is important.



Working toward Long-term Recovery

As part of long term recovery and prevention of falling back into burnout, you should take time to note the triggers for Burnout to help you create a more sustainable routine. Doing so will incorporate all previous measures along with taking into account your limits and re-assessing what balance is for you. Internalised ableism can lead us to conformity and masking to unsustainable expectations. As such seeking autistic, or neurodivergent community can be crucial to reaffirming your voice and value as an autistic person.

