

# 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

# Support Compabion Fatigue

**Karin Nielsen-Saines**



**Support Compabion Fatigue:**

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