

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

M Lipman



Support Compabion Fatigue:

Delve into the emotional tapestry woven by Crafted by in **Support Compabion Fatigue** . This ebook, available for download in a PDF format (Download in PDF: *), is more than just words on a page; itis a journey of connection and profound emotion. Immerse yourself in narratives that tug at your heartstrings. Download now to experience the pulse of each page and let your emotions run wild.

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