

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

Xiaolong Qi



Support Compabion Fatigue:

Decoding **Support Compabion Fatigue**: Revealing the Captivating Potential of Verbal Expression

In a period characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its capability to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Support Compabion Fatigue**," a mesmerizing literary creation penned with a celebrated wordsmith, readers embark on an enlightening odyssey, unraveling the intricate significance of language and its enduring effect on our lives. In this appraisal, we shall explore the book's central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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