

## Questions to Ask Yourself About **Burnout**...

Reminder: On page 11 there is a blank page for you to use for extra space!

1) Do I experience **burnout**? Circle one.

Yes                  No                  I'm not sure



2) If yes, I experience **burnout**... Circle one.

- a) Everyday
- b) Every week
- c) Every month
- d) Less than the above



3) What are some things or activities that **lead to me having burnout**? (Think of specific situations or tasks)

4) When I experience **burnout**, I **feel**... (less energetic, drained, sore muscles, etc.)

In my brain: \_\_\_\_\_

In my body: \_\_\_\_\_

5) When I feel **burnout**, **it is hard for me to do...** (schoolwork, sports, etc.)



6) What does **burnout** look like on the **outside**? What might **other people see**?



**Keep Going or  
Take a Break!**

You could...use the  
doodle page, move  
your body, go outside,  
or listen to music!

## Strategies Other Kids Found Helpful with **Burnout...**

---

- **Have a good support system**
  - People you can talk to or hang out with to feel better!
  - These people understand the challenges you might face
- **Peer support** from other autistic kids might help you understand yourself better
- **Spend time with people who you feel like you can be “yourself” with** (i.e., not hold in stims or work hard to get them to like you)
- **Give yourself a break**
  - Maybe this looks like hiding away in a private space, curling up under a blanket, taking a big sensory break every few days or taking smaller breaks throughout the day
  - This could make a big difference in maintaining your energy levels!
- **Work with teachers, support workers and doctors to come up with necessary accommodations** (plans to make things easier or manageable)
  - Maybe this looks like time off from school, more time for homework or a custom schedule that suits your needs best
  - There are lots of ways to make sure your schedule is just right for you!
- **Learn to ask for help and accept help from people you trust**
  - E.g., Help with cleaning your room or making an outline for an assignment
  - It is ok to have help when you need it and on the days you have more energy, you can help others!
- **Give yourself time to relax, withdraw, or decompress** at the end of the day or throughout the day as needed

- **Remind yourself that you do not have to be social if you don't want...** if you're in a situation you know isn't making you feel great, it's okay to leave!
- **Pull back from activities or adjust how much you do of different activities**
- **Say "no" if you don't feel like doing something**
  - This may take practice and a trusted grown-up can help you learn when and how to say "no"
- **Try breathing exercises or meditation**
  - There are lots of great Apps and guided videos on YouTube
- **Move your body** – find a sport or physical activity that you enjoy!
- **Pet an animal**
- **Get out in nature**
- **Do something mindless**, like watching a funny video or squeezing a stress ball
- **Allow yourself to stim**, whatever action or behaviour that you find comforting
- **Eat something healthy to get more energy**
  - Especially if this is something you forget to do sometimes!
- **Take a big break** (like missing some school) and then make a plan for how to get back into routine

## My Plan for **Burnout**

---

Reminder: On page 11 there is a blank page for you to use for extra space!

### **My Own Strategies:**

- 1) **Things I can do every day that help me avoid **burnout**.**

Everyday things **that keep stress low** (like limiting certain demands)...

- 2) Everyday things **that help me manage stress** (like stimming, visualization etc., look at strategies on pages 3 and 4 for inspiration)...

- 3) Everyday things that **energize or rejuvenate me when I feel drained...**

4) I can watch for early signs of **burnout**. If I am getting close to **burnout**, I might feel...

5) If I am starting to feel **burnout**, these are some people I can talk to...

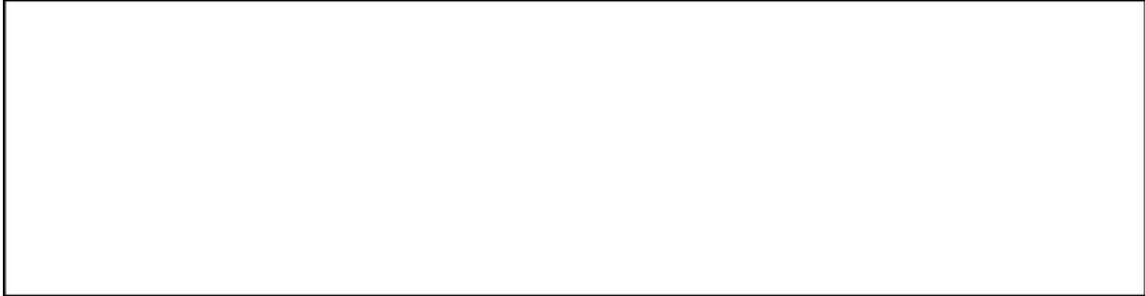
6) I can ask for help. **Some kinds of help that might work for me are...**

7) If I'm starting to feel **burnout**, **something I will try...**

**At home:** \_\_\_\_\_

**At school:** \_\_\_\_\_

8) Here is a **plan to help me recharge from burnout and get back to activities...**



9) After a **burnout** happens, **something I can do to feel better is...**



**Keep Going or  
Take a Break!**

You could...use the  
doodle page, move  
your body, go outside,  
or listen to music!

**My Support Strategies (Parents/Teachers):**

1) **Everyday things grownups can do** to make me less likely to have **burnout**:

2) Grownups can watch for early signs of **burnout**. **If I am getting close to burnout, they might see...**

3) If getting close to **burnout**, **grownups can help by** (e.g., give me the option to say no to certain tasks, ask how they can help)...

- 4) **Three things that make burnout worse are** (e.g., added pressure, being very busy – even with fun stuff):

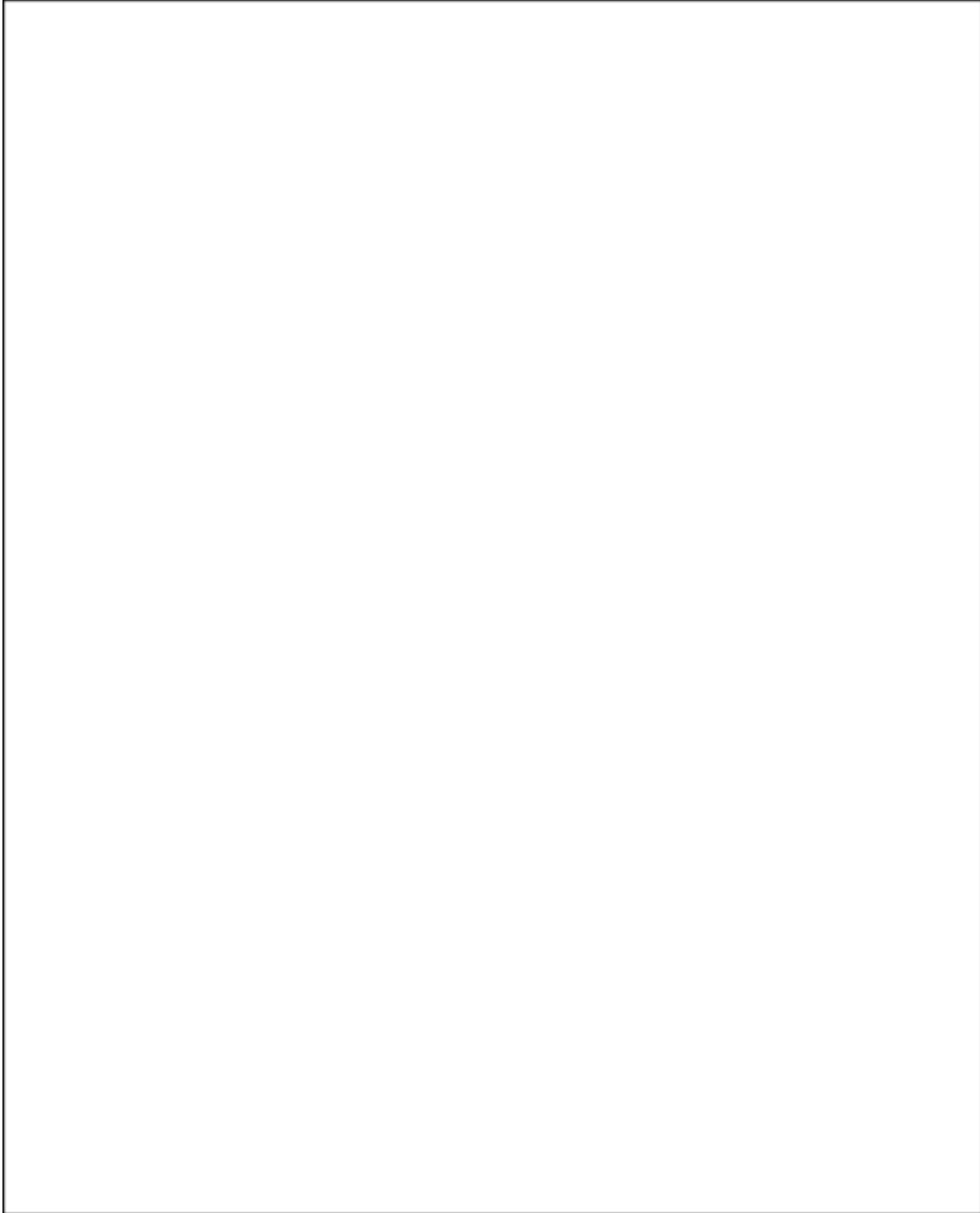
- 5) If burnout starts to happen, **what activities and tasks could be slowed down or paused:**

- 6) If full burnout happens, **what plan can be in place for support** (e.g., take a day off school, go to the nurse’s room at school and wait for pick up, extension on assignments) – *This really depends on what burnout looks like for you!*

7) **What can grownups do or avoid doing to help me bounce back from [burnout](#) quickly?**

## Burnout: Blank Work Page

Use this page if you need more room for words and pictures!



## Doodle Page

If you would like, use this page to doodle during your breaks!

