



FINHAM PARK
SCHOOL

**Aim: To understand how
energy accounting can be
used to prevent burnout.**

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What is autistic fatigue/burnout?

Exhaustion (fatigue) and then burnout can happen to anybody. Being autistic can make fatigue and burnout more likely, due to the pressures of:



Trying to cope with these pressures can lead to exhaustion (autistic fatigue) and over time this can lead to extreme exhaustion or autistic burnout.

How does autistic fatigue and burnout affect people?

- Autistic people have described various ways that autistic fatigue and burnout have affected them. Autistic fatigue has often been described as exhaustion with additional difficulties such as:
- increased meltdowns and sensory sensitivity
- physical pain and headaches
- physically shutting down, including the loss of speech.
- Autistic burnout affects all aspects of a person's life.



What causes autistic fatigue and burnout?

- There are various things that can cause autistic fatigue. Autistic adults suggest several causes, including:
- sensory overload
- dealing with social situations
- masking or camouflaging their autistic traits
- suppressing stimming
- a sense of not meeting other people's/society's expectations of them.
- Changes in routines or day-to-day life, such as a change of school or job, can increase anxiety and can be additional causes for autistic fatigue and burnout.



How can energy accounting help?

- Energy accounting is a system used to set manageable limits on your energy levels so you do not deplete yourself to the point of burnout.
- You can set a limit on how much energy you have in a day or week and estimate how much certain activities drain you.
- You can work out how much certain activities energise you.
- You can then try to plan and balance your activities and energy over your day or week to try and manage your stress limits.

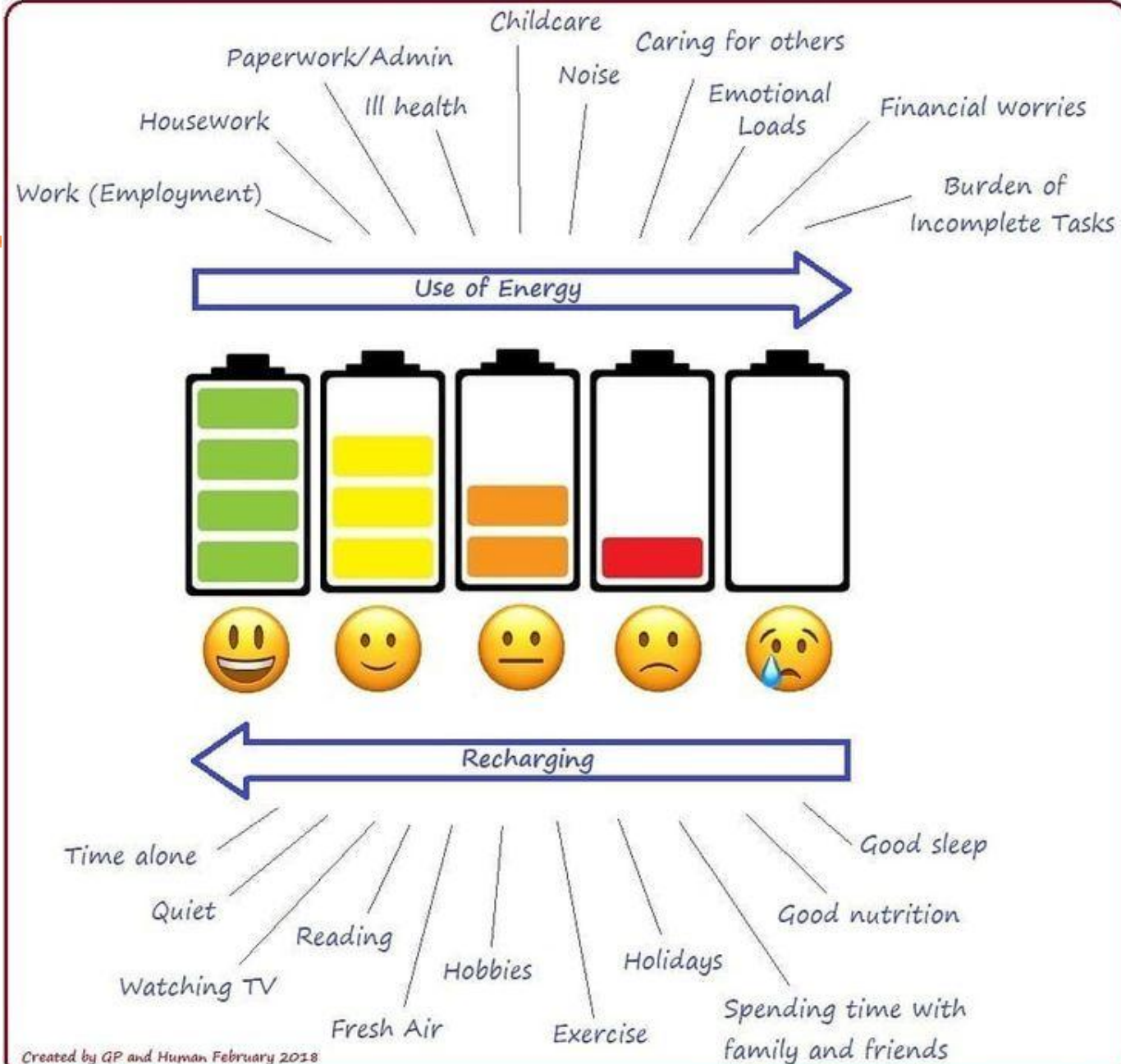
Energy Accounting



Too much energy out
and not enough in is bad.
It leads to overload, and
exhaustion.



Balancing your energy
using energy accounting is
good. It leads to feeling
regulated, calm and
happy.



ENERGY TAKERS



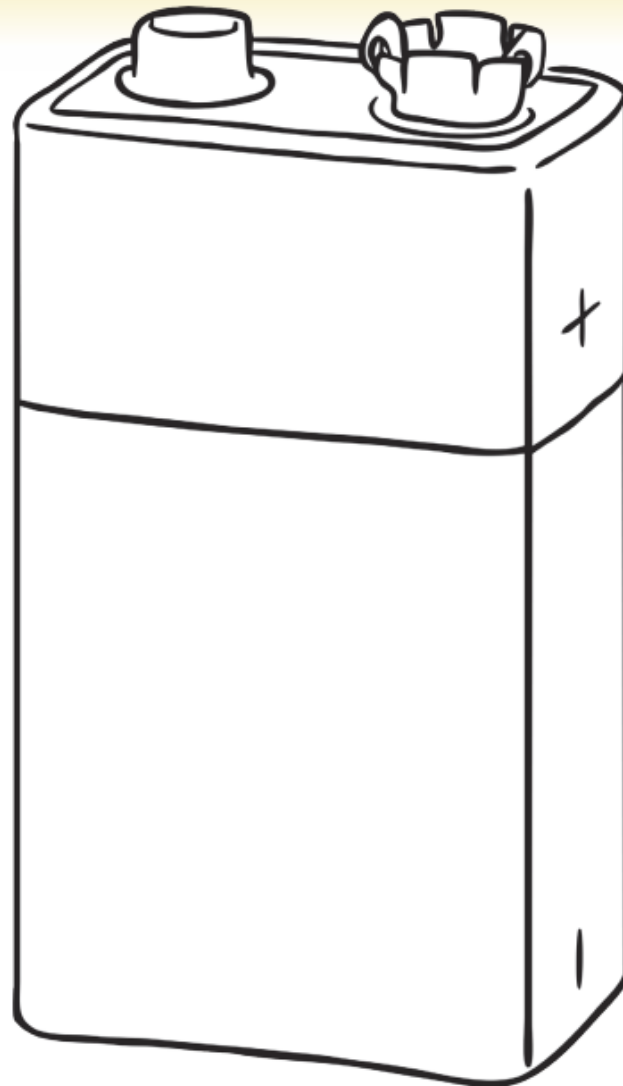
- People pleasing
- Too much screen time/
social media
- Fear, doubt, stress
- Overthinking
- Clutter and mess
- Dehydration
- Not eating enough
 - Junk food
- Overworking
 - No exercise
- Sitting for too long
 - Living in the past
- Living mindlessly/on
autopilot mode
- Setting unrealistic goals

ENERGY GIVERS



- Sunlight
- Nourishing food
- Exercise
- Water/hydration
- Fresh air
- Music
- Prayer/meditation
- Deep breaths
- Love and intimacy
- Meaningful connections
 - Self care
- Positive affirmations
- Proper rest/sleep
 - Mindfulness
- Art/creativity
- Living in the present
moment

Things that drain my energy:



Things that recharge my energy:

