



## ❖ April 2025 Update: Autistic Burnout ❖

Welcome to the summer term at LFT! We had our 7<sup>th</sup> Parent and Carer group of the year last Thursday, and as it was Autism Awareness Month it seemed fitting that our theme was Autistic Burnout.



The session was presented by Emily, and as an autistic person she was able to speak from personal experiences of autistic burnout.

The presentation featured insight and advice adapted with kind permission from the work of [Dr Alice Nicolls](#), and highlighted the following key points:

- What is 'Classic Burnout'?
- What is 'Autistic Burnout'?
- What are the key differences in types of burnout?
- What are key features/symptoms of autistic burnout?
- What is the 'Cycle of autistic burnout'?
- Some solutions – how can we help? Tips and ideas, including:
  - ["Energy Accounting" by Maja Toudal,](#)

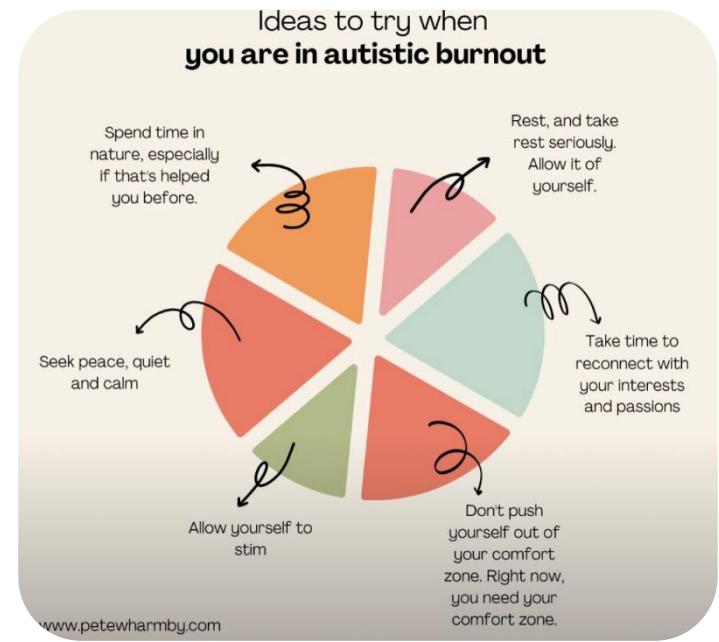
*Classic burnout is caused by "chronic workplace stress that has not been successfully managed" WHO, (2019)*



**"AUTISTIC BURNOUT OCCURS WHEN YOUR STRESS LEVELS HAVE BEEN TOO HIGH AND SUPPORT TOO LOW FOR TOO LONG".**

Dora M. Raymaker et al. (2020)

- ["Spoons Theory" by Christine Miserandino,](#)
- And suggestions from AuDHD writer [Pete Wharmby](#)



To access the [presentation from the event, click here](#). To access the resources, created by Dr Alice Nicolls, [click here](#).

We look forward to seeing you at [our next in-person group session, 5:00-6:30pm on Thursday May 15th](#), either in-person, or [book here to join remotely](#). We will be joined by LFT Principal Adele Darlington, who will speak to us about the theme of *Transition*. [Please book your free ticket on Eventbrite](#) and we will see you then!

Best wishes,  
Emily, Shelley & Julie

