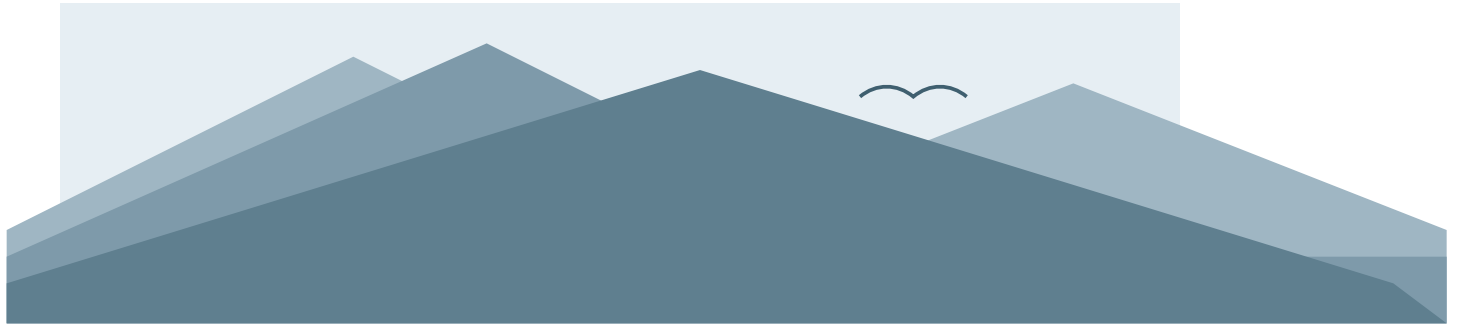


Autistic Burnout Triage Sheet

Quick Strategies for Right Now



Goal: This page is for moments when capacity is very low. You are not expected to fix anything. The goal is to reduce harm and help your nervous system stabilize.

1) Reduce the Load First (Most Important)

- Cancel, postpone, or shorten anything non-essential
- Lower expectations to the bare minimum
- Do things imperfectly or not at all without guilt
- Stop explaining or justifying your limits if possible

2) Calm the Body (Choose One)

- Pressure: weighted blanket, hugging a pillow, tight hoodie
- Warmth: tea, warm shower, heating pad
- Reduce input: dim lights, headphones, sunglasses
- Slow rhythm: rocking, pacing, repetitive sounds or music

3) Reduce Mental Load

- Stop decision-making—choose the easiest option
- Use short phrases or scripts instead of explanations
- Write things down instead of holding them in your head
- Limit conversations and social input

4) Survival Care Counts as Success

- Eat whatever is easiest, even snacks or repeats
- Drink fluids in any form you tolerate
- Rest or sleep without alarms if possible
- Use comfort items freely

Reminder: Burnout is a nervous system injury caused by too much demand for too long. Doing less right now is how healing begins.