



CENTRE FOR AUTISM
MIDDLETOWN

What causes autistic burnout?



Trying to fit into world which is not designed for neurodivergent people.



Masking autistic traits, such as stimming or focused interests, due to social pressure to appear less autistic.



Other people not adjusting environments or communication styles to accommodate differences.



Copying others to try to fit in, sometimes known as masking or camouflaging.



Sensory overload- too many sounds, sights, smells etc.



Unreachable demands from school, family, work or society.



Big life events and transitions that can cause stress for anyone.

