

# What does it mean to Burnout?

## Exploring Autistic young peoples' experiences

### Experienced Autistic Burnout

- Feeling extremely tired, drained or exhausted
- Struggling to think clearly or get things done
- More sensitive to sensory input
- Losing interest in things you usually enjoy
- Finding it harder to communicate or socialise



### What would taking part involve

60 min interview completed online, with an Autistic researcher with lived experience of Burnout



### Who can take part

- Aged 16 – 25 years old
- Self identify as Autistic or have a Formal Diagnosis of Autism and/or AuDHD
- Experienced what you consider "burnout" and are willing to share your experiences.
- Fluent in the English Language

### Why is this important



By listening to young autistic people's experiences, we want to create better support systems in schools, work and healthcare settings.

Please fill out the questionnaire form below to register your interest in taking part

