



Burnout early signs checklist

Tick any sign you have noticed over the last few weeks, compared with your usual self. There is no score. It is not a test of autism or of burnout; it helps you notice early signs and plan recovery.

Energy

- ☐ Ordinary tasks leave me exhausted in a way rest does not seem to fix.
- ☐ I need much more recovery time after work, errands or social plans than I used to.
- ☐ Getting started on anything feels like pushing through mud.
- ☐ I am running on caffeine, sugar or willpower most days.

Everyday skills

- ☐ Things I could usually do, like cooking, answering messages or planning, have become hard.
- ☐ I lose words, freeze mid-sentence or find talking harder than usual.
- ☐ I am forgetting appointments or losing track of tasks more than usual.
- ☐ Decisions I used to make easily now feel overwhelming.

Sensory tolerance

- ☐ Sounds, lights or textures I used to manage now feel unbearable.
- ☐ I reach overload faster in shops, offices or family gatherings.
- ☐ I need more quiet, dark or alone time to settle my senses.
- ☐ I have more meltdowns or shutdowns than usual.

Withdrawal and masking

- ☐ I am canceling plans or avoiding messages because I have nothing left.
- ☐ I have stopped doing hobbies or interests that usually restore me.
- ☐ Masking at work or with family feels harder to keep up.
- ☐ I feel cut off from people even when they are around.

Sleep and body

- ☐ My sleep has changed: more, less, or broken.
- ☐ I wake up already tired.
- ☐ My eating, washing or other self-care routines have slipped.
- ☐ I get ill more often or feel physically run down.

Recovery planning starter

One demand I can drop or delay this week:

One thing that reliably helps me recover:

One person I could tell how I am doing:

One sign that would tell me things are getting worse:

WHEN TO TALK TO A PROFESSIONAL

- Exhaustion that has lasted for weeks, or keeps coming back.
- Low mood most days, or losing interest in almost everything.
- Thoughts of harming yourself, or feeling that you cannot keep going.

A doctor, a counselor or another health professional can help, and you do not need a diagnosis to ask.

If you are in crisis or thinking about harming yourself, call or text 988 in the US, call Samaritans on 116 123 in the UK, or find a helpline in your country at findahelpline.com.