

Burnout Recovery Planning Guide

A personalised, realistic plan for recovery that honours your nervous system's actual needs.

Name: _____ Date: _____ Clinician: _____

***Purpose:** Recovery from autistic burnout is not linear and looks different for everyone. This guide helps you build a personalised, realistic plan that honours your nervous system's actual needs — not what productivity culture expects from you.*

WHAT RECOVERY LOOKS LIKE FOR ME

In past burnout recovery, what actually helped me feel better?

In past burnout recovery, what made things worse?

The environments where I recover best:

The people who support my recovery (or who I need space from):

DEMAND REDUCTION PLAN

List demands in each category and identify what you can reduce, delegate, or eliminate:

Work / School

| Demand | Reduce? | Delegate? | Eliminate? |
|--------|---------|-----------|------------|
|--------|---------|-----------|------------|

Social / Relationships

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| Demand | Reduce? | Delegate? | Eliminate? |
|--------|---------|-----------|------------|
|--------|---------|-----------|------------|

| | | | |
|-------|-------|-------|-------|
| _____ | _____ | _____ | _____ |
| _____ | _____ | _____ | _____ |

Household / Practical

| Demand | Reduce? | Delegate? | Eliminate? |
|--------|---------|-----------|------------|
|--------|---------|-----------|------------|

| | | | |
|-------|-------|-------|-------|
| _____ | _____ | _____ | _____ |
| _____ | _____ | _____ | _____ |

Internal / Self-imposed

| Demand | Reduce? | Delegate? | Eliminate? |
|--------|---------|-----------|------------|
|--------|---------|-----------|------------|

| | | | |
|-------|-------|-------|-------|
| _____ | _____ | _____ | _____ |
| _____ | _____ | _____ | _____ |

REFLECTION & INTEGRATION

My recovery goal for this week is:

What I will say to others about my capacity right now:

A compassionate statement I can offer myself during recovery:
