

# **Reclaiming Rest: Autistic Burnout, Monotropism & Resistance**



# WHAT IS AUTISTIC BURNOUT?



- Chronic exhaustion from masking, sensory overwhelm, and unmet needs.
- Reduced capacity and energy
- Often misunderstood or misdiagnosed in clinical settings.





# Causes of Autistic Burnout



**Chronic  
stress**



**Masking**



**Sensory  
overload**



**Unmet  
needs**





**Monotropic people tend to have**  
their attention pulled more strongly towards a smaller  
number of interests at any given time, leaving fewer  
resources for other processes





# Burnout & Monotropic Flow

- Monotropism requires space for deep focus and disengagement.
- Constant demands fracture flow and increase cognitive load.
- Burnout often follows long-term interruption of this natural rhythm.





# Rest as Resistance

- Rest is often pathologized or denied to neurodivergent people.
- Reclaiming rest affirms our needs and values.
- It challenges productivity culture and ableist norms.





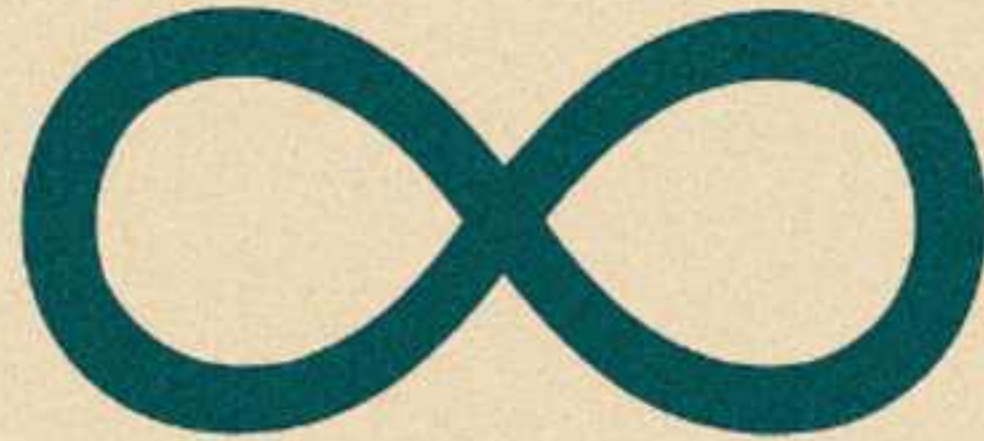
# Practices for Reclaiming Rest

- Honour autistic pacing – rest *before*\* burnout.
- Engage in monotropically-aligned activities.
- Build in time for decompression and sensory recovery.





# Collective & Structural Support



- Burnout is not just individual — it's systemic.
- We need affirming environments that respect neurodivergent rhythms.
- Support looks like access, flexibility, and autonomy



# Signposting

[thenapministry.wordpress.com](https://thenapministry.wordpress.com)

[autisticrealms.com](https://autisticrealms.com)

