



DISCOVERY PROGRAMME

**NEURO-AFFIRMING
SIGNPOSTING
RESOURCES FOR
AUTISTIC ADULTS**

www.thrivingautistic.org



DISCOVERY PROGRAMME

Please note: this information and signposting is a live document of resources shared from within the Autistic community in our Discovery Programme.

It is not intended to endorse all organisations or people listed.

Whilst we have taken care to try and find neuro-affirming information to support you we are not responsible for other people's work which may change over time or may not resonate with you.



DISCOVERY PROGRAMME

LET'S DISCOVER MORE ABOUT

BURNOUT

www.thrivingautistic.org

Thriving Autistic Discovery Programme Resources about Burnout

Browsing

Autistic Burnout Network

<https://autisticburnoutnetwork.com/>

Autistic Realms Burnout Resources

<https://autisticrealms.com/resources/burnout/>

Viv Dawes Autistic Advocate - Burnout

<https://www.autisticadvocate.co.uk/autisticburnout>

Neurodivergent Insights - Autism and Burnout

<https://neurodivergentinsights.com/autism-and-burnout/>

Autism Understood

<https://autismunderstood.co.uk/struggling-as-an-autistic-person/autistic-burnout/>

Dr Alice Nicholls

<https://www.dralicenicholls.com/how-to-get-out-of-autistic-burnout/>

Tigger Pritchard

<https://www.tiggerpritchard.com/autistic-self-care>



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Thriving Autistic Discovery Programme Resources about Burnout

Reading

**Wired Our Own Way: An Anthology of Irish Autistic
Voices** edited by Niamh Garvey

<https://www.newisland.ie/shop/p/wired-our-own-way>

Looking After Your Autistic Self by Niamh Garvey
<https://uk.jkp.com/products/looking-after-your-autistic-self>

The Autistic Burnout Workbook by Megan Anna Neff
<https://www.simonandschuster.co.uk/books/The-Autistic-Burnout-Workbook/Megan-Anna-Neff/>

What Works for Autistic Adults by Luke Beardon
<https://www.sheldonpress.co.uk/titles/luke-beardon/what-works-for-autistic-adults>

Avoiding Anxiety in Autistic Adults by Luke Beardon
<https://www.sheldonpress.co.uk/titles/luke-beardon/avoiding-anxiety-in-autistic-adults>

The Ultimate Guide to Autistic Burnout by Dr Engelbrecht ND
RP & Eva Silvertant
<https://embrace-autism.com/the-ultimate-guide-to-autistic-burnout-book/>



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Thriving Autistic Discovery Programme

Resources about Burnout

Reading

Understanding Autistic Burnout Workbook by Viv Dawes

<https://www.autisticadvocate.co.uk/product-page/understanding-autistic-burnout-workbook>

An Autistic Burnout by Kieran Rose - The Autistic Advocate

<https://theautisticadvocate.com/an-autistic-burnout/>

Megan Anna Neff: Autistic Burnout Vs Depression by Megan Anna Neff

<https://neurodivergentinsights.com/autistic-burnout-vs-depression>

Am I Experiencing Autistic Burnout? by David Gray-Hammond

<https://emergentdivergence.com/2025/01/10/am-i-experiencing-autistic-burnout/>

Autism and Neurodiversity Starter Pack: Why we Are burntout by Helen Edgar and David Gray-Hammond

<https://autisticrealms.com/product/autism-and-neurodiversity-starter-pack/>



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Thriving Autistic Discovery Programme Resources about Burnout

Reading

Mantzas J, et al. Measuring and validating autistic burnout.
[doi: 10.1002/aur.3129](https://doi.org/10.1002/aur.3129). Epub 2024 Apr 25. PMID: 38660943.

Raymaker DM, et al. "Having All of Your Internal Resources Exhausted Beyond Measure and Being Left with No Clean-Up Crew": Defining Autistic Burnout.

[doi: 10.1089/aut.2019.0079](https://doi.org/10.1089/aut.2019.0079). Epub 2020 Jun 10. PMID: 32851204; PMCID: PMC7313636.

Autistic Burnout: An Interview With Researcher Dora
Raymaker by Fergus Murray

<https://thinkingautismguide.com/2019/08/autistic-burnout-interview-with.html>

Judy Endow

<http://www.judyendow.com/advocacy/autistic-burnout/>

Stimpunks Rest

<https://stimpunks.org/glossary/rest/>

Papyrus

<https://www.papyrus-uk.org/understanding-autistic-burnout/>



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Resources about Burnout

Reading

Your Ignorance is Killing Us – The Autistic Advocate

https://www.autisticadvocate.co.uk/post/your-ignorance-is-killing-us-it-is-time-that-professionals-understand-autistic-burnout?utm_campaign=b3362300-32df-4f5f-bf25-83f606dde29b&utm_source=so&utm_medium=mail&cid=0eb0f4ba-cd90-45a6-99e1-fe6697a7642c

Bottom-Up Thinking in Autism – Autistic PhD

<https://autisticphd.com/theblog/what-is-bottom-up-thinking-in-autism/>



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Thriving Autistic Discovery Programme Resources about Burnout

Listening

Overlooked Autistic Traits – Meet My Autistic Brain
(Podcast via Buzzsprout)

<https://www.buzzsprout.com/1782001/episodes/14438100-overlooked-autistic-traits>



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Thriving Autistic Discovery Programme Resources about Burnout

Watching

Pooky Knightsmith: AUTISM | Ideas for Avoiding Autistic Burnout

<https://youtu.be/20Zqtmtdpqg?si=9m-tPgHoXyB3Jblj>

Orion Kelly: Autistic Burnout Explained - Signs, Causes & Strategies

<https://youtu.be/3iJVydL4uWI?si=Y ISmlkPP 34Zr9t>

Kelly Mahler: Autistic Burnout: 5 Things You Should Know (and How Interoception Can Help)

<https://youtu.be/ImuGUxpXdGU?si=4ZScB2nn9rXnJnCU>

Autism Canada: Autistic Burnout and Masking by Kieran Rose

<https://youtu.be/sR4n76vLWCs?si=P-WPJZcqaEZfRI94>

Kieran Rose (The Autistic Advocate) on Autistic Burnout

<https://youtu.be/2cucCTpMieg?si=LS0PKJBsdsQALsXo>



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Thriving Autistic Discovery Programme Resources

This booklet highlights just a few of the resources we have found useful or have been shared with us through our

Discovery Programme for autistic adults.

It is a living document and we will edit and add to this over time. Please feel free to share anything you have neuro-affirming and valuable for yourself.

If you need support please check out our:

[Neurodivergent Practitioners Directory](#)

A directory of Neurodivergent, neuro-affirmative practitioners hosted by Autistic-led nonprofit, Thriving Autistic

[Facebook](#)

[Twitter/X](#)

[LinkedIn](#)

[BlueSky](#)

[Instagram](#)



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