

# Burnout Checklist for Neurodivergent Adults

*A gentle self-check, not a diagnosis*

This checklist is designed to help you notice patterns — not to label, judge, or pressure yourself.

There are no scores. No right answers. Just information.

## Instructions:

For each statement, check the option that feels most accurate *recently*.

## Energy & Recovery

- Rest doesn't feel restorative, even after sleep or time off
- I feel tired before the day has really started
- My energy runs out faster than it used to
- Recovery takes longer than it used to
- I feel physically or mentally drained most days

## Executive Function Access

- Starting tasks feels unusually difficult
- Planning or organizing feels overwhelming
- I avoid tasks even when I want to do them
- My working memory feels unreliable or “foggy”
- Switching between tasks takes more effort than before

## Emotional & Cognitive Changes

- I feel emotionally flat, numb, or disconnected
- Small frustrations feel disproportionately intense
- My patience is much lower than usual
- I feel mentally slower or less sharp
- I'm more self-critical than I used to be

## Sensory Tolerance

- Sounds, light, or textures feel harder to tolerate
- Social interaction drains me faster than usual

- I feel overstimulated more easily
- I crave isolation more than I used to
- Everyday environments feel more overwhelming

## Motivation, Meaning & Engagement

- Things I care about feel distant or inaccessible
- Accomplishments don't feel satisfying
- I struggle to feel motivated even for "important" tasks
- I feel stuck or indifferent about the future
- I'm going through the motions rather than feeling engaged

## Physical Stress Signals

- Muscle tension, headaches, or body pain are more frequent
- Sleep feels disrupted or unrefreshing
- I get sick more often or take longer to recover
- My appetite or digestion has changed
- My body feels constantly "on edge" or shut down

## Reflecting on Your Responses

You do **not** need to check every box for burnout to be present.

Instead, notice:

- Where you answered "**Yes**" or "**Sometimes**" repeatedly
- Which sections show clusters
- Which changes feel new, worsening, or persistent

Burnout often shows up as **patterns across multiple areas**, especially executive function, energy, and sensory tolerance.

## Important Reminders

- This checklist is **not a diagnosis**
- Burnout is not laziness, failure, or lack of discipline
- Burnout reflects **reduced capacity**, not reduced worth
- Skills don't disappear — **access** fluctuates under stress

Many people find it helpful to pair this checklist with:

- An **executive function checklist** to see which skills are most affected
- Low-energy or reduced-demand tools during burnout periods

- Supports that focus on regulation and recovery before productivity

## What You Might Do Next (Only If It Feels Right)

You don't need a full plan right now. Possible next steps include:

- Lowering expectations temporarily
- Reducing inputs and demands where possible
- Externalizing memory and planning
- Choosing tools designed for **low-capacity days**
- Giving yourself permission to rest *without earning it*

Burnout is information.

Noticing it is already a step toward recovery.