



01. Neurodivergent burnout is more than tiredness.

It is a deep exhaustion that comes from juggling expectations or environments that don't naturally suit how the neurodivergent brain works.



02.



Neurodivergent burnout builds over time.

It can be difficult to notice it building.

Rest alone doesn't fix it.

03.



It is not laziness, avoidance or not caring.

Rather, these are often signs of overload.

Recovery takes time; pacing is important.

Before committing, ask:
“Do I have energy for this?”
(not “do I have the time?”)

04.

