

**Viv
Dawes**

Illustrated by
Josh Dawes

The Young Person's Guide to Autistic Burnout



"The autistic characters and scenarios in this book are so relatable that I challenge any neurodivergent individual of any age to not find themselves nodding along!"

Dr Joanne Riordan, neurodivergent educational and child psychologist (neurodivergence specialist)

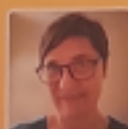
"Engaging, enlightening, and practical to use. Many young people will be able to recognise the signs of burnout and how to advocate for themselves."

Laura Kerbey, autism and education consultant and author of *The Teen's Guide To PDA*

Maybe you've heard of autistic burnout and want to learn more, or maybe you're feeling burnt out right now and really need help. However this book finds you, it's here to help.

In this informative and supportive guide, autistic author and advocate Viv Dawes gently provides you with all the information you need about autistic burnout. With artwork from an autistic teen illustrator as well as real-life stories, you'll learn about what causes burnout, how to prevent it, and how to move through the recovery process.

Let's shed some light on how you're feeling and explore all the ideas and strategies that will help you to feel better.



Viv Dawes is an autistic (PDA) and ADHD advocate, writer, public speaker, and trainer with 30 years' experience working with vulnerable neurodivergent people. Viv has been nominated for the National Diversity Awards two years running and in 2023 she also started the Autistic Burnout Network.



Josh Dawes is a neurodivergent young person with a passion for art and music. He enjoys playing the guitar and is currently studying art and design. He is about to undertake a degree in illustration.

**Dyslexia
friendly text
and layout**



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Luna and Jordan: An Introduction

Jordan and Luna are good friends. They regularly chat with each other on Instagram and WhatsApp and sometimes game together, although Jordan is more into gaming than Luna. Because they are both autistic they feel comfortable with each other and feel free talking about being neurodivergent.



Luna



Jordan

Luna (they/them) is 16 years old and lives with their adopted mum and their pet dog 'Harry'. They have recently been diagnosed as autistic and have strongly believed they are autistic since they were 14.

They have an EHCP (Education and Health Care Plan) and they are going to an alternative school where they get to spend time with farm animals, are able to do horse riding, and enjoy feeding the chickens.

Luna has a new friend that they met when they were at school who is also autistic and they both enjoy drawing, painting, sharing funny memes, and watching things like *Stranger Things* and Marvel films.

Jordan (he/him) is 15 years old and lives at home with his mum, dad, and his little brother Malachi. He has been diagnosed as autistic since he was 7 and ADHD since he was 10. His mum is also autistic and Jordan thinks his dad and brother are also definitely autistic. He has been out of mainstream school for 18 months due to going through autistic burnout.

Jordan enjoys gaming, listening to music, and reading fantasy novels. He likes to meet up online with a small group of friends to play games; they are also mostly all autistic and ADHD young people. Because he finds social situations stressful and exhausting he spends a lot of time at home and often alone in his bedroom. This is because he often gets really tired and overwhelmed.