



If Social Anxiety Is the Primary Issue



Gradually expose yourself to manageable social situations



Learn skills to challenge unhelpful thinking patterns



Practice self-compassion when mistakes happen



Focus attention externally rather than monitoring yourself



Develop coping strategies for physical anxiety symptoms



Consider evidence-based therapies such as Cognitive Behavioural Therapy (CBT)



If Autistic Burnout Is the Primary Issue



Reduce unnecessary demands where possible



Prioritise rest and recovery



Identify and address sensory overload



Reduce masking when it feels safe to do so



Create predictable routines



Break tasks into smaller, manageable steps



Use accommodations at work or study where available



Focus on energy management rather than pushing through exhaustion

