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autistic burnout is a syndrome conceptualized as resulting from chronic life stress and a mismatch of expectations and abilities without adequate supports it is characterized by pervasive long term

nov 20 2025 this systematic review investigated how autistic individuals understand and experience this profound long term state it highlights that the unique and distressing experience of autistic

aug 10 2023 colleges are inaccessible and teaching methods are very rigid but i don't know how to manage these next few months because my parents told me that i have to finish the semester

aug 18 2025 the results show that teens with autism face special challenges in the transition to college and need more

mental health support researchers said

5 days ago explore the connection between autism and mental health including emotional regulation burnout trauma and supportive care for families and caregivers

5 days ago a comprehensive guide to understanding autism burnout a distinct state of exhaustion leading to functional decline and regression

aug 12 2025 according to a new study led by researchers at binghamton university autistic college students face dramatically higher rates of anxiety and depression compared to their non autistic peers

dec 3 2024 learn how autistic students can navigate college challenges with self advocacy accommodations and support to thrive academically socially and emotionally

sep 6 2025 join us for part 2 of our conversation about managing burnout for adults with asd are you an adult with autism who struggles with mental sensory or social burnout this session will

mar 1 2022 dr dora raymaker research assistant professor at portland state university discusses research exploring autistic people s experiences of autistic burnout this includes what autistic

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