

## [Recovery from burnout](#)

[Dr Naomi Fisher](#)

### 1. Understanding the Breakdown:

- **Recognizing Burnout:**

Identify the signs of chronic stress and overwhelm that lead to burnout, especially in neurodivergent teenagers.

- **Understanding the Why:**

Explore the reasons why school or other environments may be causing distress and leading to avoidance behaviours.

- **Recognizing it's not a personal failing:**

Emphasize that burnout is a natural response to overwhelming stress and not a sign of weakness.

### 2. Reducing Pressure and Creating Space:

- **Taking a Break:**

Temporarily reduce or eliminate demands, such as attending school or other activities, to allow for rest and recovery.

- **Creating a Safe Space:**

Provide a supportive and understanding environment where the individual feels safe to process their experiences.

- **Stripping Back:**

Remove unnecessary pressures and expectations to create a more manageable situation.

### 3. Repairing the Damage:

- **Addressing Physical and Mental Health:**

Ensure basic needs like sleep and nutrition are met, and address any physical or mental health concerns.

- **Rebuilding Confidence:**

Help the individual identify their strengths and build a sense of self-efficacy through small, achievable goals.

- **Processing Trauma:**

If trauma is involved, consider appropriate therapeutic interventions like EMDR to address past experiences.

### 4. Rebuilding Confidence and Self-Esteem:

- **Focus on Strengths:** Help the individual identify and build on their strengths and interests.
- **Setting Achievable Goals:** Encourage small, manageable goals to rebuild a sense of accomplishment and control.
- **Celebrating Successes:** Acknowledge and celebrate even small steps forward to foster a positive self-image.

#### 5. Fostering a New Sense of Learning and Purpose:

- **Exploring Alternative Education:** Consider options beyond traditional schooling, such as self-directed learning or other educational approaches.
- **Discovering New Interests:** Encourage exploration of new hobbies, activities, and social connections.
- **Finding a New Sense of Purpose:** Help the individual identify what brings them joy and meaning, and support them in pursuing those interests.

#### Important Considerations:

- **Individualized Approach:**

Dr. Fisher emphasizes that recovery is an individual journey and there is no one-size-fits-all approach.

- **Parental Support:**

Her work also focuses on supporting parents through this process, helping them understand the challenges and providing guidance on how to best support their child.

- **Not a Replacement for Therapy:**

Her courses and materials are not intended to replace professional therapy but rather to provide guidance and support.

- **Focus on the Long Term:**

The recovery process can take time, and it's important to be patient and supportive throughout the journey.