Burnout Worksheet



ADHD Burnout Worksheet and Fact Sheet

What is ADHD Burnout?

ADHD burnout is a state of exhaustion — mental, emotional, and physical — that stems from constantly pushing yourself beyond your limits, masking your ADHD traits, or trying to meet societal expectations. This burnout cycle is often worsened for ADHD women, who juggle multiple roles, manage perfectionism, and try to "keep up" with neurotypical standards.

Common Triggers of ADHD Burnout in Women:

- [ ] Masking ADHD

Constantly hiding ADHD traits to fit into neurotypical environments.

- [ ] Sensory Overload

Becoming overwhelmed by environmental stimuli like noise, lights, or social interactions.

- [ ] Perfectionism

Striving to meet unrealistic standards and pushing yourself too hard.

- [ ] Hyperfocus

Focusing so intensely that essential self-care (eating, resting) is neglected.

- [ ] People-Pleasing

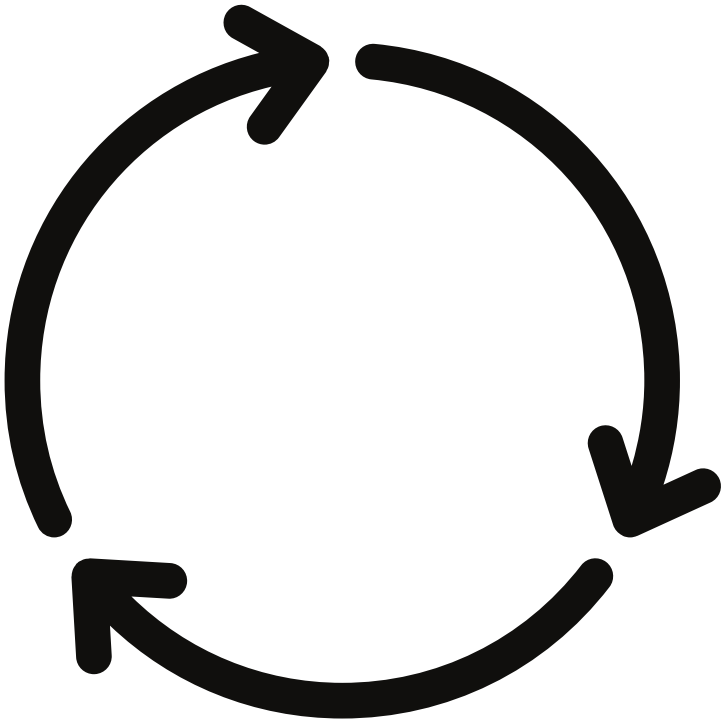
Taking on too many tasks to make others happy leads to exhaustion.

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ADHD Burnout Cycle:

The burnout cycle follows a predictable pattern:

1. Push Phase: You overwork, masking your ADHD, and push yourself beyond what's sustainable.
2. Crash Phase: You feel completely drained mentally and physically and cannot keep up with daily tasks.
3. Recovery Phase: Your energy slowly returns, but the burnout cycle can repeat unless you make changes.



Common Burnout Symptoms

- [ ] Profound physical and mental fatigue.
- [ ] Sensory sensitivity (noise, light).
- [ ] Emotional outbursts or irritability.
- [ ] Struggling with task management, executive functioning, and decision-making.

Breaking the Burnout Cycle

- Immediate Actions: Reduce daily demands, rest, and ask for help.
- Ease back into tasks after sensory rest, more time on activities with joy, focus on people who celebrate you and understand you, a dedication to unmasking as much as possible
- Long-Term Prevention: Set boundaries, practice self-compassion, and learn to say "no."
- Workplace Accommodations: Flexible work schedules, quiet workspaces, and noise-canceling tools can prevent burnout.

Recovery and Prevention

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Recovery from burnout requires self-compassion, rest, and support. The length of time depends on how long your nervous system has been overstressed. It could be days, weeks, or months, depending on how long you have been in overdrive. If you try to return to “productivity” too soon, you will revert back to burnout! Prevent future burnout by recognizing your energy patterns, setting boundaries, and practicing mindfulness.

By combining self-awareness and intentional strategies, you can manage and prevent ADHD burnout to protect your energy and well-being.

Worksheet

My Triggers:

1. Identifying Your ADHD Burnout Triggers

Think about times when you've felt particularly physically and mentally exhausted or overwhelmed.

What specific situations, environments, or behaviors contributed to your burnout?

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- [ ] Masking ADHD traits at work or socially (hiding them to fit in)
- [ ] Sensory overload (e.g., too much noise, light, or stimulation).
- [ ] Hyperfocus (neglecting self-care during intense focus periods).
- [ ] Perfectionism or people-pleasing
- [ ] Overcommitting to responsibilities at work or home
- [ ] Tasks that are taking too much executive functioning

My Symptoms:

2. Recognizing Burnout Symptoms

ADHD burnout can manifest in different ways. Write down any symptoms you've experienced.

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- Extreme physical and mental exhaustion.
- Increased sensitivity to sounds, lights, or social interactions.
- Emotional meltdowns or irritability.
- Difficulty concentrating or completing everyday tasks.

Write down any symptoms you've experienced._____
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My Cycle :

3. The ADHD Burnout Cycle

ADHD burnout follows a cycle with three phases.

The Cycle:

- Push Phase: Overworking, masking ADHD, pushing beyond limits.
- Crash Phase: Feeling drained and unable to function.
- Recovery Phase: Slowly regaining energy after extended rest.

Is this phase familiar to you?

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Where do you feel you are in this cycle right now?

Current Phase:
□ Push Phase
□ Crash Phase
□ Recovery Phase

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My Burnout Recovery

4. Strategies for Recovery

There are some immediate Strategies to be taken and then some strategies you can take to ease your way back into life:

Strategies for Immediate Relief:

- ☐ Doing less, especially things that make your brain work hard, helps your body and mind get better.
- ☐ Ask for help. It's not easy, but it's essential.
- ☐ Deep, extended rest is essential for healing.
- ☐ Work on doing this without guilt.
- ☐ **Engage in soothing activities** for you, whatever that means. This helps heal your overactivated nervous system.

What strategies will you practice for immediate relief?

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Slowly Get Back into Daily Routine

What strategies will you practice to help you ease back into your life?

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- ☐ Do things that help you feel calm.
- ☐ Don't try to hide who you are. It's okay to be yourself and show your ADHD traits.

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- [ ] Find friends who understand ADHD or accept you how you are. Talking to other people with ADHD can help you feel supported and less alone.
- [ ] Find activities that make you happy and do them often
- [ ] Spend time with people who lift your mood
- [ ] Focus on what feels good and brings you joy

Be careful not to do too much too fast, so you don't get burned out again.



Reflect on Triggers

- [ ] Noticing when you're taking on too much because you want everything to be perfect
- [ ] Notice when you are feeling stressed and overwhelmed
- [ ] Notice when you are masking
- [ ] Periods of hyperfocus
- [ ] Intense of overwhelming emotions
- [ ] Sensory overwhelm
- [ ] Learning to say "no" to things that use up too much of your energy
- [ ] Setting limits that protect your energy and well-being

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What are some of the triggers to be on guard for?

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My Burnout Prevention

Part 5: Preventing Future Burnout

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Now that you understand your triggers and symptoms, brainstorm ways to prevent burnout from happening again

Example Prevention Strategies:

- [ ] Set clear boundaries at work and home.
- [ ] Be aware of hormonal cycles.
- [ ] Surround yourself with supportive friends
- [ ] Stop overcommitting to tasks or responsibilities.
- [ ] Find people who support and love you for you
- [ ] Work on unmasking
- [ ] Learn to say "no" to protect your energy.
- [ ] Schedule tasks during times when your energy is highest.
- [ ] Practice mindfulness or relaxation techniques.

What changes can you make in your routine, work, or environment to protect your energy?

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Part 6: Action Plan for Workplace Accommodations

If you're employed, workplace accommodations can help prevent burnout. Reflect on what support you need to thrive at work and reduce burnout triggers.

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Examples of Accommodations:

- [ ] Flexible work hours that align with energy peaks and lows.
- [ ] Work from home
- [ ] Clearer guidelines about responsibilities

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- [ ] A new job
- [ ] Help with interruptions that cause you to switch or lose focus or access to a quiet workspace.
- [ ] Realignment of work tasks with strengths

Part 7: Practicing Self-Compassion

Healing from burnout is a process, and being kind to yourself along the way is essential. Write down a reminder to stay patient and practice self-compassion. The neurotypical world is not built for ADHD people and rarely tries to understand or support you. Research shows that this fact, along with discrimination and stigma, is a large part of what leads to ADHD burnout.

Affirmation:

“I am worthy of rest, support, and kindness. It’s okay to ask for help and take the time I need to heal.”

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