

Burnout and PDA



Is burnout unique to PDA?

All people go through burnout after periods of excessive stress (trauma, overwork, caregiver burnout, etc). Being neurodivergent can mean we experience burnout from doing basic activities due to our heightened sensitivities

What makes PDA burnout different?

PDA burnout often happens erratically because our irrational type of avoidance means we can't predict when we'll need support.

Social focus and craving novelty can clash with weak interoception (the ability to tell what one is feeling) causing individuals to chase their interests to the point of exhaustion before realizing they have gone too far. This can impact ADHD people too

How to help burnt out PDA children

School and developmental milestones are big burnout triggers. If they can, many families opt for homeschooling, of which the unschooling method is PDA friendly because it's child lead. If homeschooling isn't possible an IEP or 504 is a way to improve school environments in the US

Recovery

The longer a PDA person is unsupported, the longer it takes to recover. Recovery can take months, or even years.

Attempted interventions (like therapy) can delay recovery because of inherent demands

