

Autistic Christians Support Community

Autistic Burnout

Presenter: Sue Hartley

Chair: David Derbyshire
Chat Monitor: Stewart Rapley

21 March 2026

AGENDA

- | | |
|------------------|--------------------------|
| 1. 11.00 – 11.05 | Welcome and Introduction |
| 2. 11.05 – 11.15 | Sue: Autistic Burnout |
| 3. 11.15 – 11.45 | Discussion (30 mins) |
| 4. 11.45 – 11.55 | Community Update |
| 5. 11.55 – 12.00 | AOB |

12.00 - 12.30	Social time
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Autistic burnout in the Christian life



Recovery is a
journey - not a
destination



- Manage your energy
- Adjust your lifestyle
- Prioritise and improve your sleep
- Practice self-advocacy
- Lean into your strengths
- Drop unnecessary demands
- Practice good boundaries
- Simplify your routine
- Unmask where possible
- Seek support and accommodations
- Withdraw strategically when necessary
- Identify your sensory triggers
- Reduce sensory load

- Cut down on social events.
- Readjust your expectations, especially unrealistic ones.
- Take control over your schedule.
- Say "no" more often.
- Communicate your needs clearly.
- Do a sensory audit and fix the things that drain you.
- Add low demand movement to regulate your nervous system.
- Notice where you're masking and how much energy it's burning.
- Keep consistent morning and nighttime routines, even on holiday.
- Work with your energy patterns – and not fight them.

When Ahab got home, he told Jezebel everything Elijah had done, including the way he had killed all the prophets of Baal. So Jezebel sent this message to Elijah: "may the gods strike me and even kill me if by this time tomorrow I have not killed you just as you killed them." Elijah was afraid and fled for his life. He went to Beersheba, ...then he went on alone into the wilderness, traveling all day. He sat down under a solitary broom tree and prayed that he might die. "I have had enough, LORD," he said. "Take my life, for I am no better than my ancestors who have already died." Then he lay down and slept under the broom tree. But as he was sleeping, an angel touched him and told him, "get up and eat!" He looked around and there beside his head was some bread baked on hot stones and a jar of water! So he ate and drank and lay down again. Then the angel of the LORD came again and touched him and said, "get up and eat some more, or the journey ahead will be too much for you." So he got up and ate and drank, and the food gave him enough strength to travel forty days and forty nights to mount Sinai, the mountain of God. From 1 Kings 19. 1f NLT

DISCUSSION

- What factors might predispose a Christian to burnout?
- In what ways can the gospel of Jesus Christ be good news to a Christian suffering burnout?
- What have you learned about God and about yourself through episodes of burnout.
- What areas of self care do you find difficult: setting boundaries, asking for help,

Matthew 11:28 “are you tired? Worn out?
Burned out on religion? Come to me. Get away
with me and you’ll recover your life. I’ll show
you how to take a real rest. Walk with me and
work with me—watch how I do it. Learn the
unforced rhythms of grace. I won’t lay anything
heavy or ill-fitting on you. Keep company with
me and you’ll learn to live freely and lightly.”

COMMUNITY NEWS

CFE Discussion Schedule - 2026

DATE	DAY/TIME	CFE-Autism DISCUSSION TOPIC	SPEAKER	CHAIR	CHAT
21 Feb	Sat/11am GMT	Long Covid and Autism - overlapping communities?	Grant	Stewart	Sue
21 Feb	Sat/11am GMT	Beating alcohol dependence?	Courtney	Sue	David
21 Mar	Sat/11am GMT	Autistic burnout and trauma?	Sue	David	Stewart
18 Apr	Sat/11am BST*	Seeing, noticing, valuing?	Stewart	Sue	David
16 May	Sat/11am BST	Wounded healers - Christ, Coventry and Me.	Franceska	Stewart	Sue
20 Jun	Sat/11am BST	Appreciating Anglo-Catholic liturgy?	Catherine	David	Stewart
18 Jul	Sat/11am BST	Humour, Faith and Autism?	Jonathan	Stewart	Sue
Aug		Summer Break – no meeting			



St James & Emmanuel
church for everyone

Who we are - What we do - Safeguarding

Supporting Hidden Differences
Building Church culture for 'Belonging'

Wednesday 4 March 2026
7.30pm to 9.30pm
Free

A webinar hosted by St James and Emmanuel, in association with the Centre for Autism and Theology

[Sign up via Zoom](#)

The webinar recording is now available either from our church website:

<https://stjamesandemmanuel.org/>

Or directly at:

<https://www.youtube.com/watch?v=fHto3ocUh9k>



15 April.
BBC Radio 4X
Live: 09.45.
On iSounds thereafter

Theme: Taming the Tongue (James 3:7-12)
Speaker: Stewart Rapley