October Resource Roundup

Every tool from Neurodivergent Burnout month, in one place.

You don't need all twelve. Keep the two or three that helped most somewhere easy to find, and come back to the rest when you need them.

WEEK 1
It's Not Just Tired

- **Burnout at a Glance** · INFOGRAPHIC
  Use it when you're not sure if it's burnout or "just tired".
- **Early Warning Signs Tracker** · WORKSHEET
  Use it when you want to catch the slide early.
- **Know Your Signs** · WARNING MAP
  Use it when you want your signs mapped, zone by zone.

WEEK 2
The Cost of Holding It Together

- **The Load vs. Capacity Scale** · INFOGRAPHIC
  Use it when the scale feels tipped and you want to see why.
- **Hidden Load Inventory** · WORKSHEET
  Use it when you're tired from work nobody can see.
- **Audit Your Load** · PRACTICE LAB
  Use it when you need to find one thing to set down.

WEEK 3
Running on Empty

- **Fight, Flight, Freeze & Fawn** · INFOGRAPHIC
  Use it when you want to understand your reactions.
- **Low-Demand Regulation Menu** · GUIDE
  Use it when you're flooded or frozen right now.
- **Low-Spoon Regulation Kit** · PRACTICE LAB
  Use it when you want help ready before you need it.

WEEK 4
Recovery Isn't a Reward

- **Burnout Recovery Plan** · WORKSHEET
  Use it when you're climbing out and want a plan.
- **Resource Roundup** · THIS PAGE
  Use it when you need to find any tool from October.
- **"When I'm Running Low" Card** · PRACTICE LAB
  Use it when you want others to know what helps.

Plus a workbook and a Substack essay for every week. Find everything in the SOLA Brain Library.

Which Tool, When?

Start from how you feel, not from the list.

Not sure if it's burnout? →	✓ Burnout at a Glance
Want to catch it early? →	Early Warning Signs Tracker
Carrying too much? →	Hidden Load Inventory → Audit Your Load
Flooded or frozen right now? →	Low-Demand Regulation Menu
Low on spoons, most days? →	Your Low-Spoon Regulation Kit
Climbing out of it? →	Burnout Recovery Plan
Need people to understand? →	"When I'm Running Low" Card

Next steps as small as you like

Keep one tool close

Print it, save it to your phone, or pin it somewhere you'll see it.

Share your card

Give your "When I'm Running Low" card to one person this week.

Join us in November

Values, Wants & Needs: what you want to spend your capacity on.

The tools I'm keeping close, and where I'll keep them:

If you're in crisis or thinking about ending your life, please reach out now: in the US, call or text **988**; elsewhere, contact your local emergency or crisis line.