

Managing social exhaustion



NEURODIVERSITYHUB



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- In any role, there is an amount of expected interaction with others – either face-to-face, on the phone or via email.
- Managing the requirements of the role, in addition to managing the social demands of any workplace, can be challenging and at times exhausting.
- Combining these elements with emotion regulation and sensory difficulties can leave us feeling exhausted and overwhelmed.



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Spoon Theory is an analogy for having limited choices in your day

At the beginning of each day, you are given a number of 'spoons'. Each activity / task requires a number of 'spoons' to complete.

- For example getting out of bed = 1 spoon, eating breakfast = 1 spoon.
- If we wake up tired from poor sleep, or tired from a big day at work previously, we might not be starting the day with the same amount of spoons.
- Soon we realise we need to conserve spoons in order to complete activities / tasks. Start prioritising which activities / tasks deserve spoons.

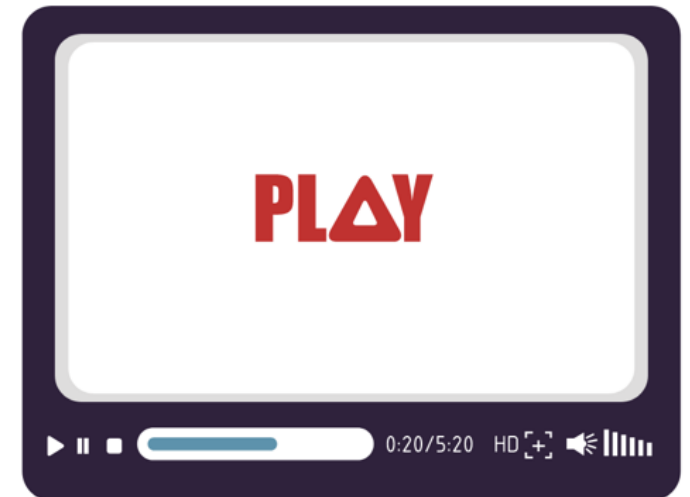
Read <https://autisticmama.com/what-is-spoon-theory/> for a more detailed description.



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By doing things each evening after work, and on weekends, to recuperate and replenish our 'spoons' we are better able to function at work, interact with others and regulate our emotions.

- Watch a 9-minute video: Why socialising can be painful for people with autism [HERE](#).
- Watch a video on the Activity to Rest Ratio [HERE](#).



End of Module Reflections:



- What are some activities/tasks that you do now that help to replenish your 'spoons'?
- What activities/tasks could you trial that might help you replenish your daily 'spoons' quota and help you get through a working week?