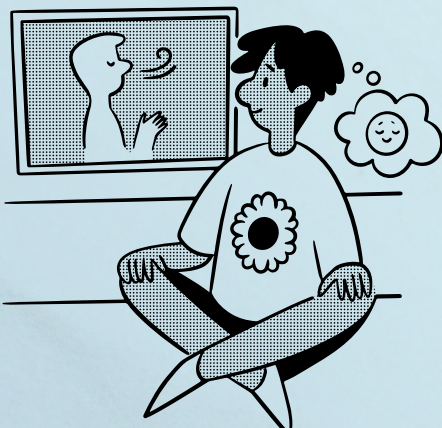


Autistic Masking

• YouTube

There are many good autistic content creators that have a lot of content on the autistic experience, particularly masking. Here are a couple of my favorites!



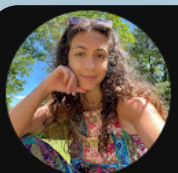
I'm Autistic, Now What?

@imautisticnowwhat · she/her · 252K subscribers · 154 videos

I'm a 29 year old late-diagnosed autistic (& ADHD) woman from the UK. Without YouTub...more

patreon.com/imautisticnowwhat and 1 more link

[I'm Autistic, Now What? Playlist on Masking](#)



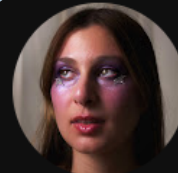
Morgan Foley

@morgaanfoley · she/her · 506K subscribers · 287 videos

Hey guys! My name is Morgan and I am a 23 year old autistic human being who likes to ...more

linktr.ee/autismidentity

[Morgan Foley Masking/Unmasking Story](#)



ashralouisa

@ashralouisa · 24.1K subscribers · 372 videos

ashra@ashralouisa.com ...more

linktr.ee/ashralouisa and 2 more links

[ashralouisa What does masking feel like?](#)



Hayley Honeyman

@hayley.honeyman · 275K subscribers · 517 videos

Meet your Neurodivergent Neighbour 🌈 🌙 ...more

hbada.com/products/hbada-e3-wpa-ergonomic-chair-white?utm_source=KOL&utm_medium=... and 3 more links

[Hayley Honeyman A funny short about Masking](#)

• **Small side note:**

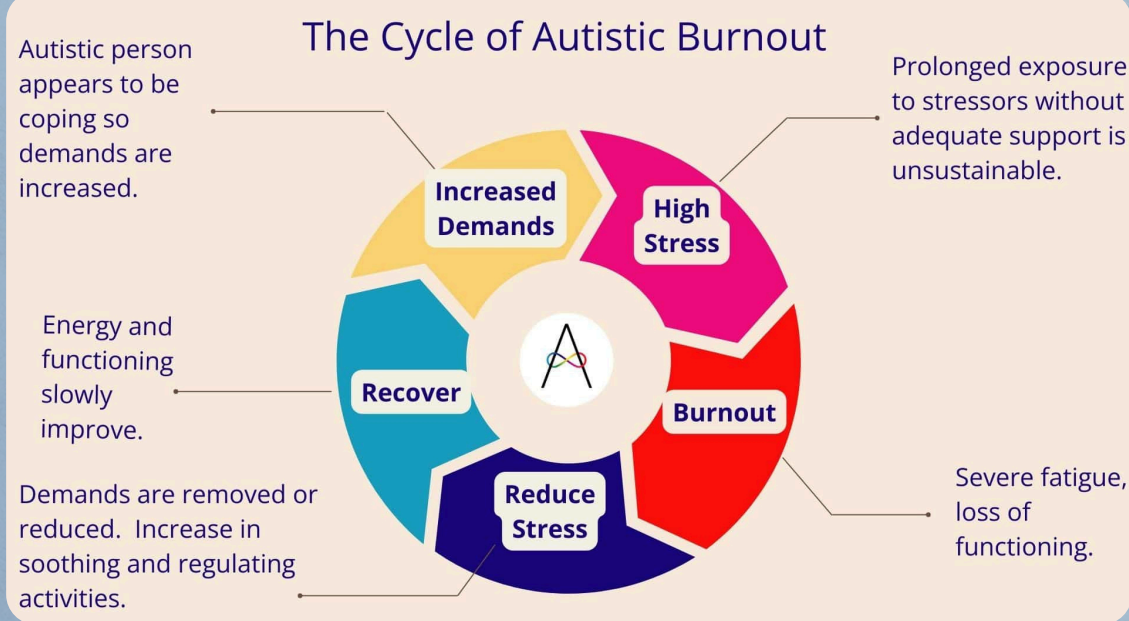
This creator's content focuses on both ADHD and ASD. I find her short-form videos have the best balance between the two, while her long-form ones look more at ADHD.

• Autistic Burnout

Autistic burnout is a topic that's still developing in the field of psychology! Learning more about it can help you help yourself and others when it comes to recognizing the signs before the limit is reached.

Articles about autistic burnout

- [The differences between burnout and depression](#)
- [Signs and Symptoms](#)



• Masking Checklist

Sometimes it can be hard to know what behaviors actually count as masking. Here's a short list of signs of autistic masking:

- Scripting (planning what to say in social situations in advance)
- Researching, watching, and/or copying social skills to improve your own, either ahead of time or in the moment
- Practicing facial expressions and body language
- Forced eye contact
- Suppressing stims and/or fidgeting
- Hiding overstimulation
- Hiding special interests in favor of common interests

