

Impact of Cognitive Overload on Mental Health

From a conversation between Daniel Maskit and Dr. Marianna Murin
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DM: My life has this really funny paradox in it. I'm actually incredibly fit. I run marathons. I would literally get together with a friend and run a hundred kilometers just for fun. But I'm tired all the time. Why is that? I'm fit. I'm healthy. I eat well. I get a good night's sleep. And I wake up exhausted after a full night's sleep. And it's only having gone through the assessment process and learned about the toll for an autistic person of constantly having to cognitively process the world around me, that I understand that's why I'm tired all the time. I'm surrounded by people who think "oh, let's do something fun and social, and hang out" and they don't realise that that actually tires me out even more. And there isn't really anything to be done about it. There's not, there's not a way to be less tired. I mean I try to, to spend less of my energy 'masking' my autism, but there's just a lot of things where my figuring out the way the world works is just tiring.

MM: Thank you so much Daniel for sharing this because it's such an incredibly important point in terms of, a vital point in terms of addressing potential mental health problems in children, young people, and neurodiverse community actually for a much more proactive stance, than necessarily just a reactive stance. So thank you so much.