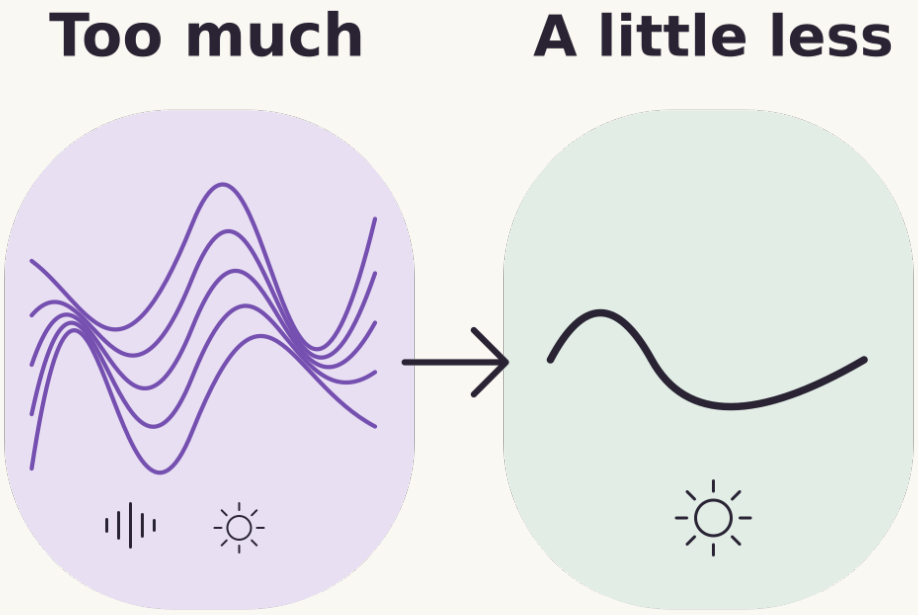
SENSORY OVERLOAD

When input is too much

Try one change that feels comfortable for you.



Less noise. Softer light.
More space. Fewer words.

Noise: A quieter space or less audio. Light: Softer lighting. Touch: More personal space or comfortable clothing. Talking: A pause, or one question at a time. Different people need different things. You can ask for a change without explaining everything.

Reading: National Autistic Society: Sensory processing