

MOMENTS THAT CAN INTENSIFY

SENSORY OVERLOAD



THE LAST STRAW MAY BE
SMALL. THE LOAD UNDERNEATH
MAY NOT BE.

1

Several sounds at once

2

Bright or flickering lights

3

Uncomfortable clothing

4

**Crowded, unpredictable
spaces**

5

**Strong smells or food
textures**

6

No quiet recovery time

NOTICE THE LOAD • PAUSE • REDUCE DEMANDS • RECOVER