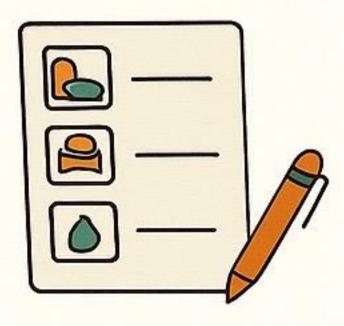
Sensory Overload Strategies



Taking slow, deep breaths



Following a visual schedule



Wearing noisecanceling headphones



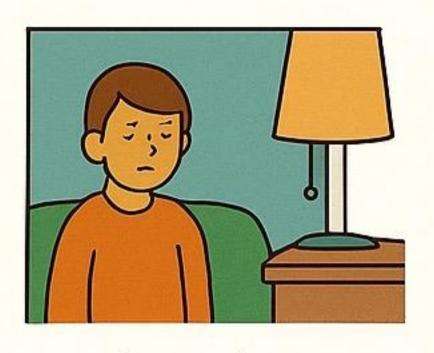
Holding a fidget or stress toy



Using a weighted blanket or vest



Retreating to a quiet space



Dimming the lights



Asking for a break

