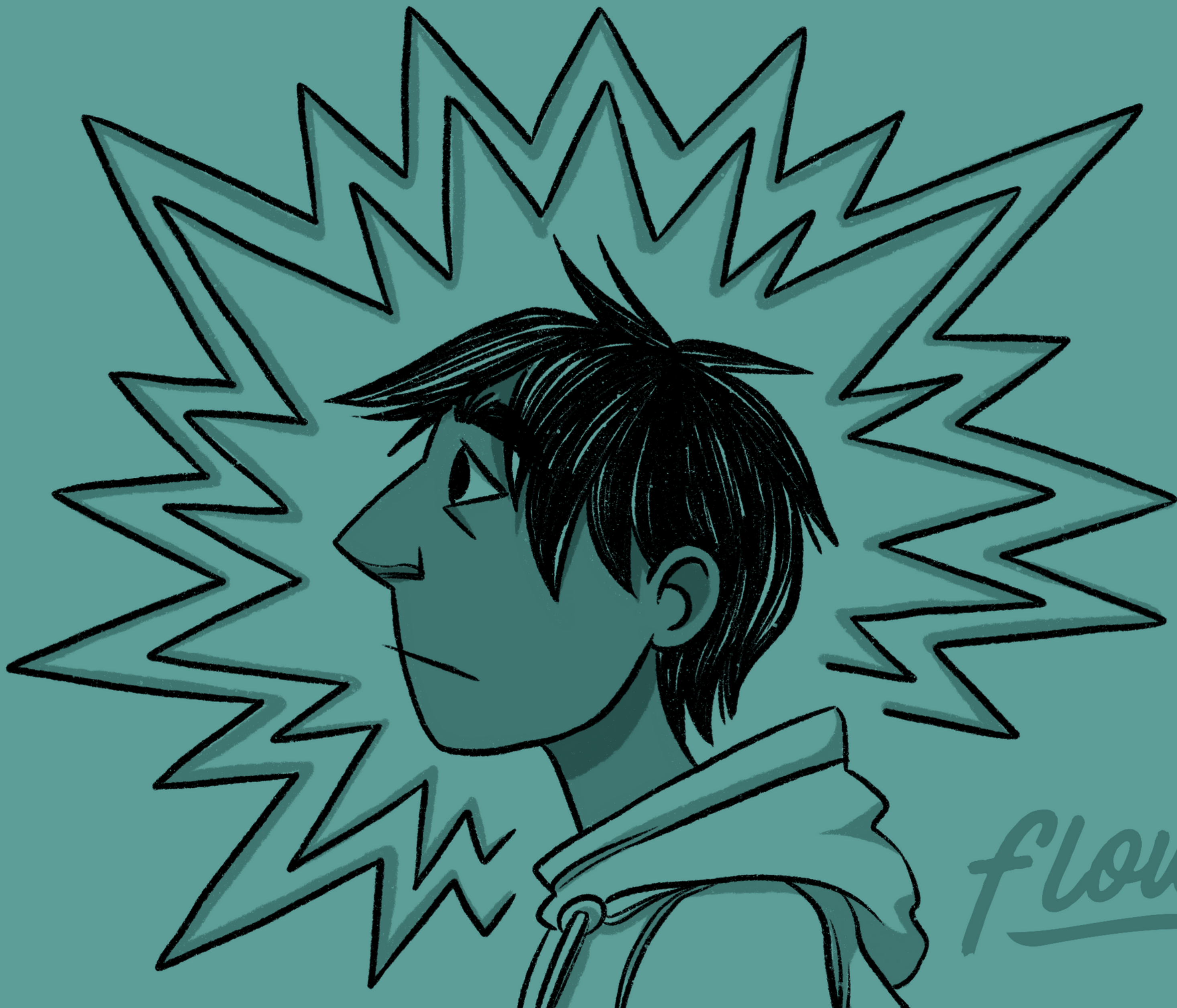
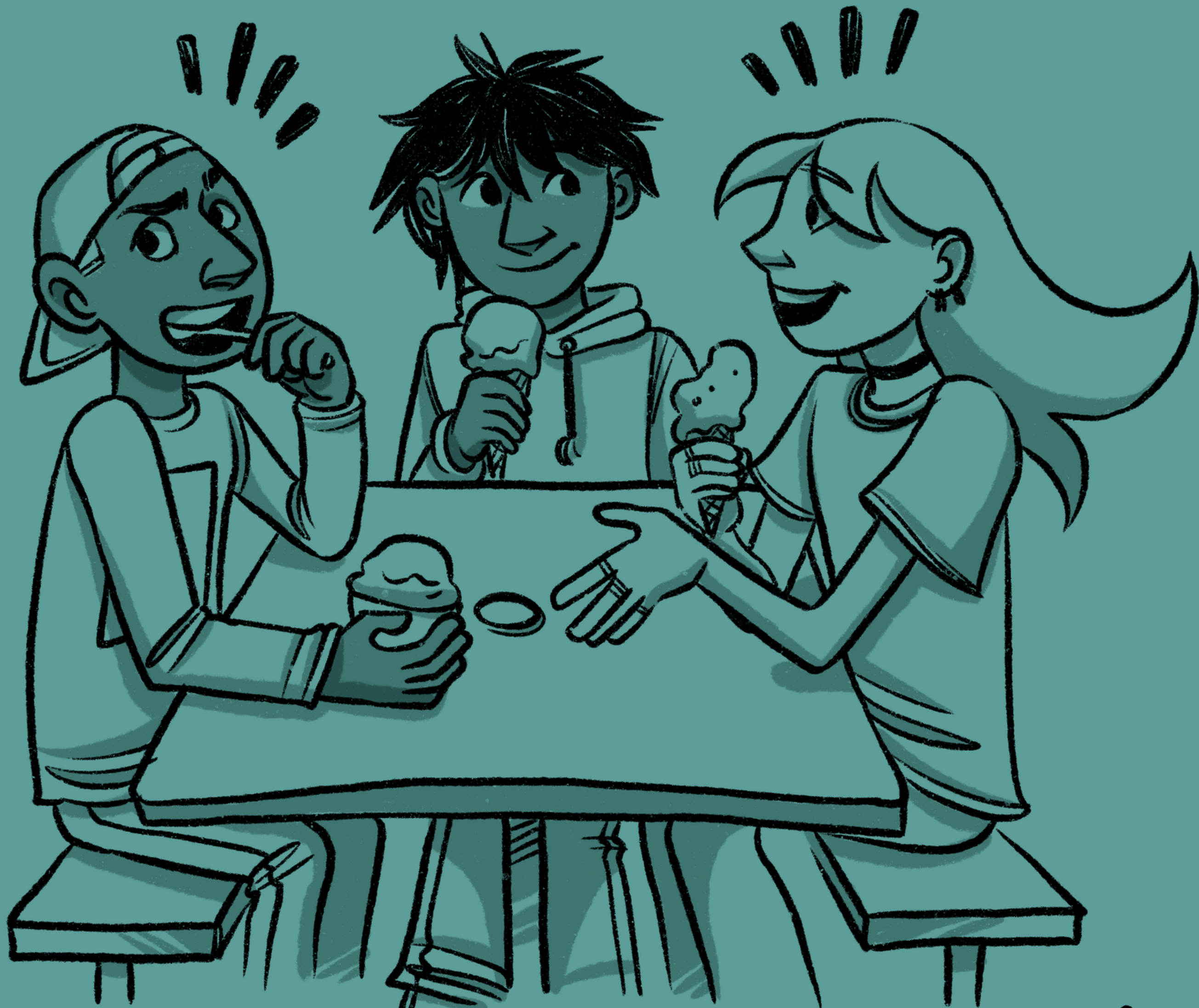


Sensory overload is something  
that can hit you out of  
nowhere.



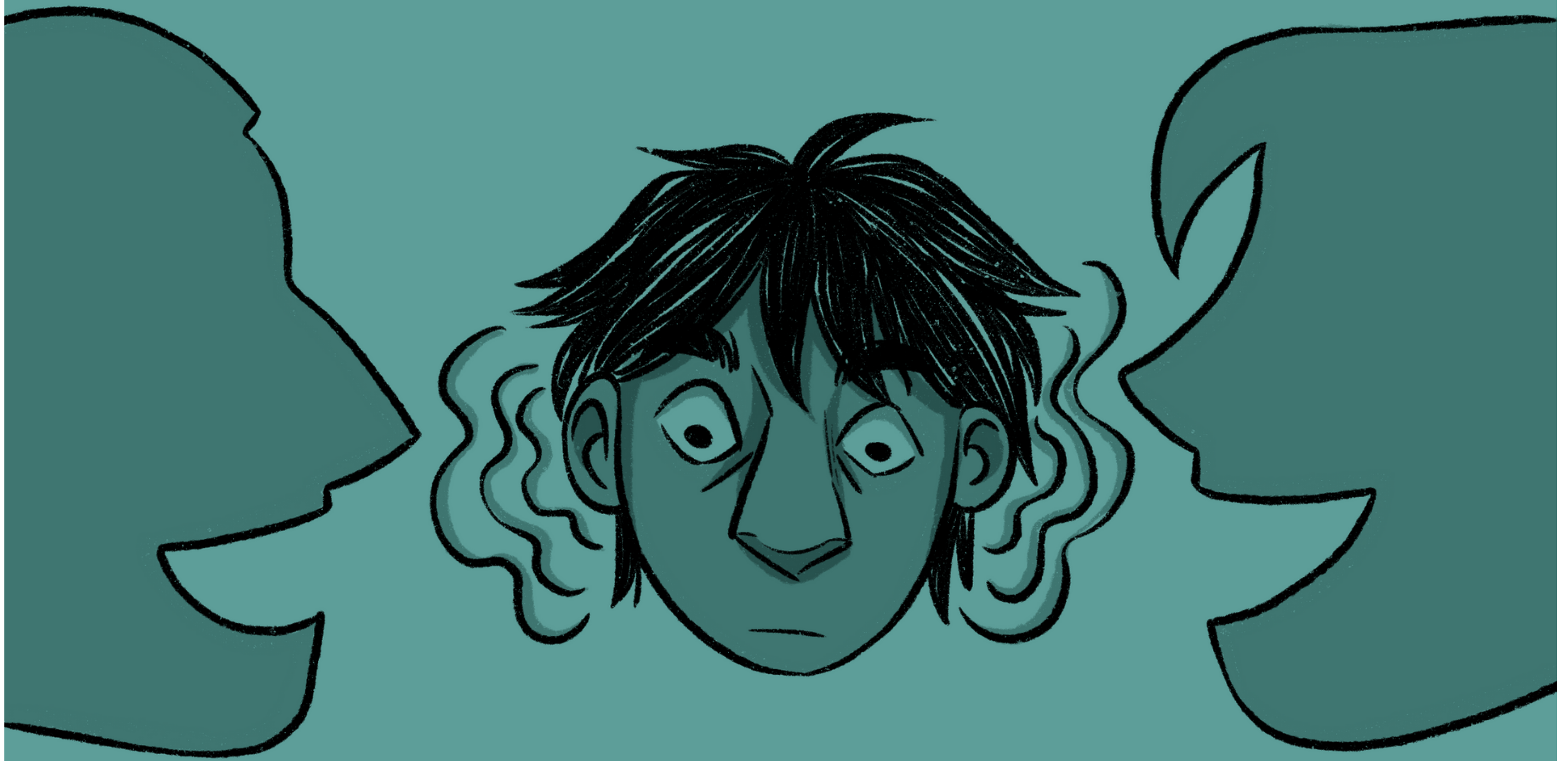




You can be out with friends,  
having a good time...



... When out of nowhere, all  
sounds become too loud.  
People are way too close to you.



Even smells fill your nose to the  
point where you feel like gagging.  
Everything feels like too much.



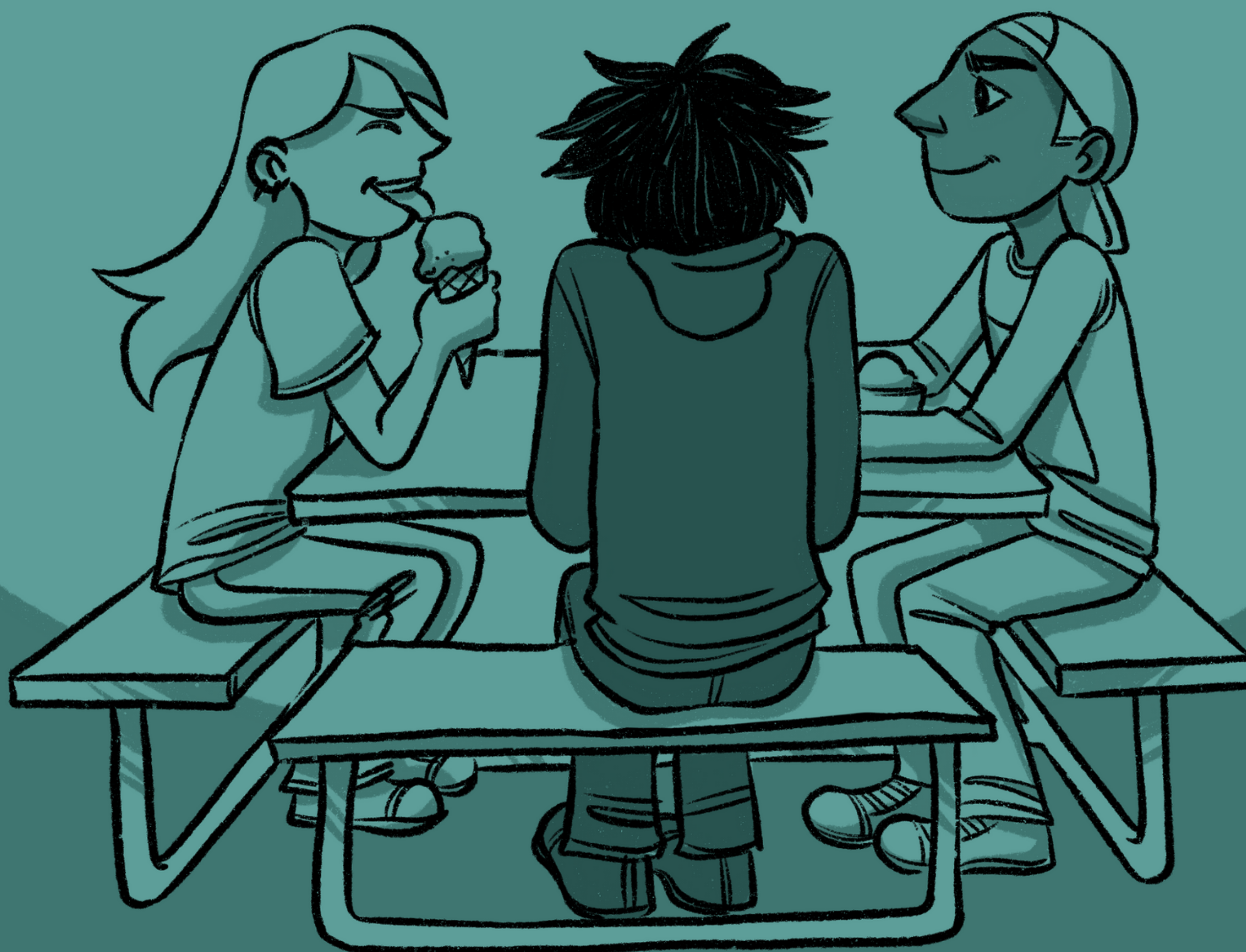
You feel like you're coming out  
of your skin.



And two minutes ago, you were fine.



You think you'll sound crazy for  
expressing how you feel, so you  
sit there. Rigid, suffering in  
silence.







It's completely okay to express how you feel. Your friends care about you and want to make sure you aren't uncomfortable.



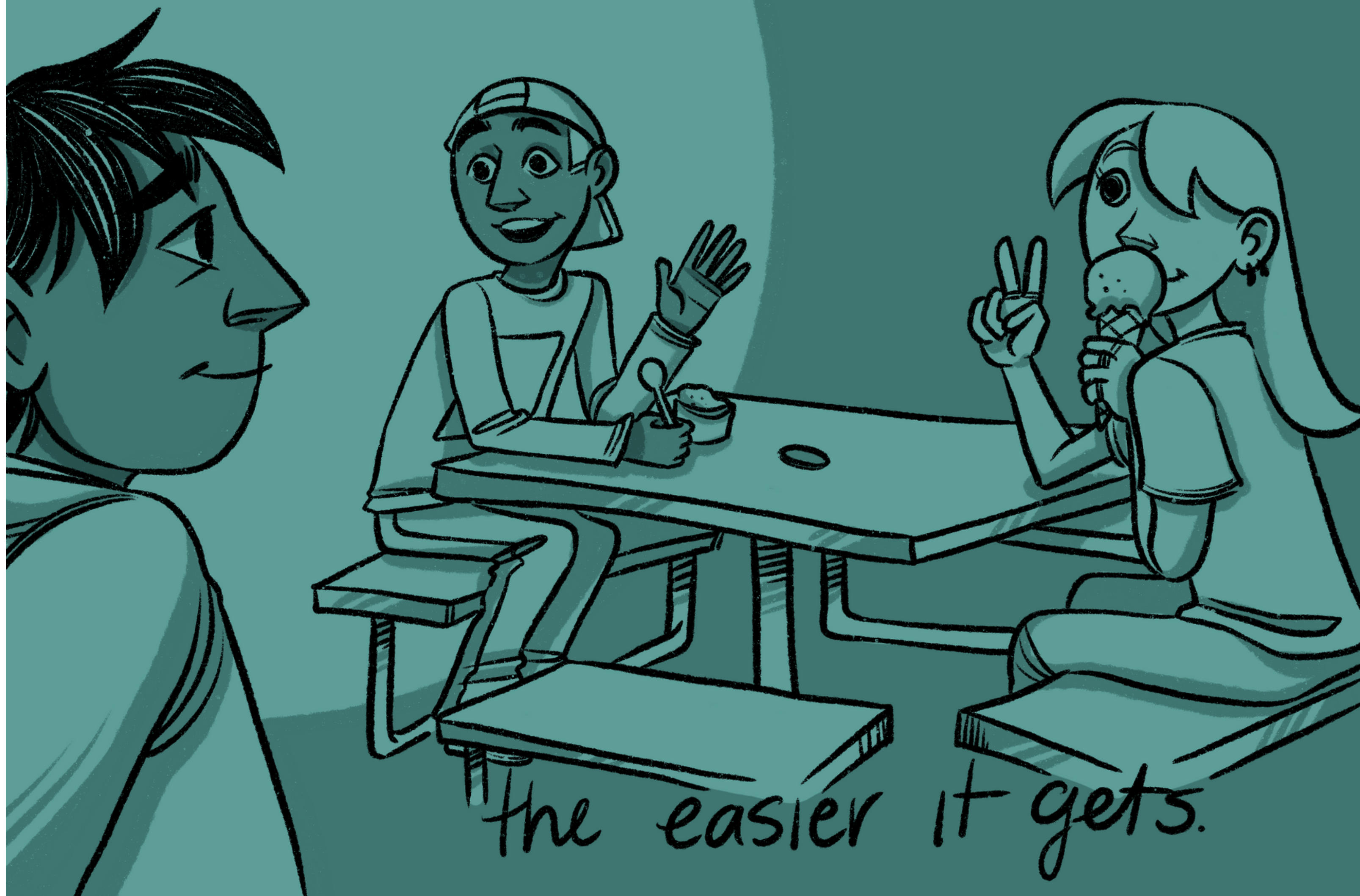
But also, if sharing in the moment feels like too much, it's more than okay to excuse yourself and



give yourself a moment.



Sensory overload is never fun to deal with, but the more you pay attention to your needs and what helps you through,



the easier it gets.