

Ever find yourself in a social situation, & out of nowhere everything is too LOUD, too BRIGHT, too MUCH. When you get sensory overload, here's some **FLOW LIFE SKILLZ** for how to deal.



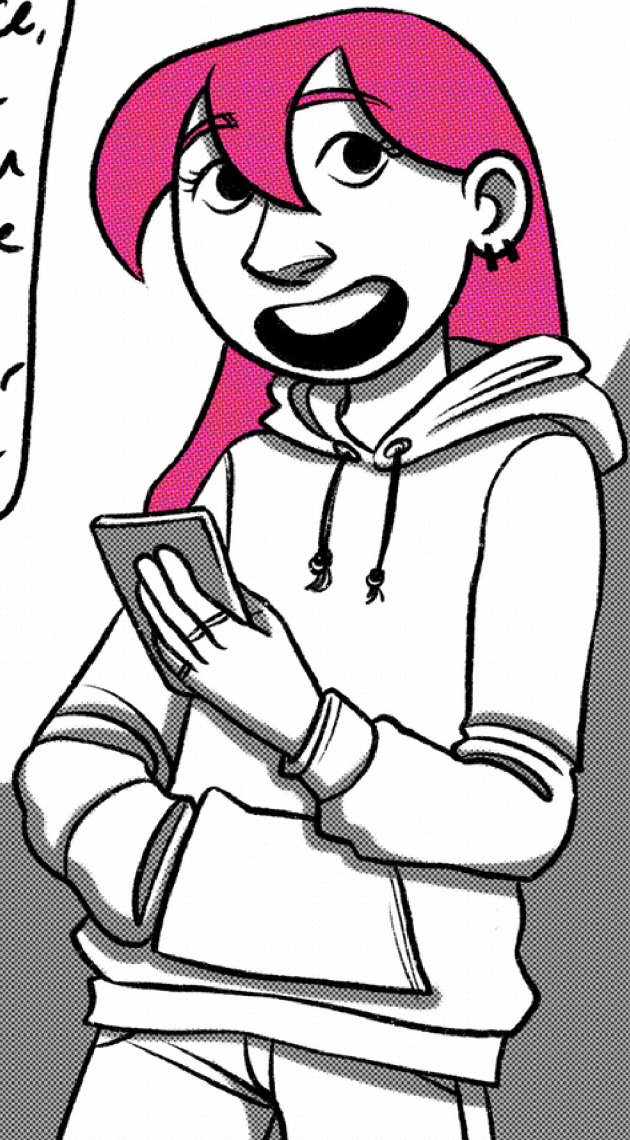
In the moment, sometimes the best thing you can do is stop & really focus on making your breathing regular to calm yourself down.





Or, if that isn't enough, excuse yourself and go take a sec in the bathroom to calm down.

Or, if you're able to plan in advance, write down some safe spaces for you at the place you're going. That way you have options for when you're feeling panicked.





You can also always plan ahead to leave early so you can go home + decompress in a safe space.

At the end of the day, pay attention to what triggers sensory overload, + what grounds you to make next time go even more smoothly.

