

Overstimulated

- ① Sense 'sight', eye contact & seeing details
- ② Sense 'touch' (more intense, overstimulation when touched)
- ③ Sense 'sound' (harder & painful)
- ④ Sense 'smell' (intense)
- ⑤ Sense 'taste'
- ⑥ Head full of thoughts in knots
- ⑦ Psychoeducation (Brain Blocks)
- ⑧ Facial expressions & emotions are complex
- ⑨ Brain like a puzzle, with puzzle pieces that are constantly getting mixed up
- ⑩ So many questions



The missing pieces of wood in this artwork represent ambiguity and the inability to block/connect/process/switch.

The other parts, structures, and shapes represent all other stimuli and information that can enter you and therefore have a different meaning for everyone.

- ⑪ Switching from one to another (switch time)
- ⑫ Shelves with stacks (all emotions, thoughts, events, ambiguities, & arousals in 1 day)
- ⑬ Changing
- ⑭ All visual stimuli that can enter more intensely, energy & carrying capacity
- ⑮ Masking
- ⑯ Depression, suicidality, burn-out, bullied, belittled
- ⑰ Autism is different for everyone
- ⑱ Differences in tempo & expectations
- ⑲ Losse information & details must be put together