

WHEN YOU'RE "TOUCHED OUT"



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Many neurodivergent parents experience sensory and emotional overload from constant contact, noise, and demands.

This can trigger irritability, shutdown, or exhaustion—not because you're failing, but because your nervous system is overwhelmed.

You are allowed to take care of your nervous system too

Helpful supports include:

- Short regulation breaks (even 2 minutes helps)
- Simple boundary phrases like “I need a reset—I’ll be right back”
- Sensory tools (earplugs, deep pressure, cold water)
- Daily touch-free time and reduced decision load

Being touched out is real.
Support and regulation—
not pushing through—
are what restore capacity.

I am allowed to protect
my capacity.
Regulation comes before
connection.