

WHEN OVERWHELM FEELS SUDDEN (BUT ISN'T)



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IF YOU'RE A NEURODIVERGENT PARENT, YOUR NERVOUS SYSTEM MAY BLOCK OUT SENSORY INPUT TO COPE WITH DAILY DEMANDS.

OVER TIME, THIS CAN MAKE IT HARD TO NOTICE EARLY SIGNS OF STRESS UNTIL YOU ARE ALREADY OVERWHELMED.

THIS ISN'T FAILURE. IT'S ADAPTATION.

You are allowed to take care of your nervous system too

Common Signs of Overload

- Irritability or snapping
- Brain fog or shutdown
- Headaches or nausea
- Urge to escape or withdraw

Gentle Ways to Reconnect

- 1-minute body check-ins
- Use stimming to increase awareness
- Reduce baseline sensory load
- Track patterns, not emotions

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

REGULATION TOOLS

- ROCKING, HUMMING, PACING
- 5-4-3-2-1 GROUNDING
- PRESSURE INPUT
- BREATH WITH MOVEMENT

WHEN YOU REGULATE FIRST, YOUR CHILD LEARNS REGULATION TOO. CONNECTION BUILDS SAFETY.

LEARNING HOW TO FEEL YOUR BODY ISN'T ABOUT BECOMING CALMER—IT'S ABOUT BECOMING SAFER. AND SAFETY IS THE FOUNDATION FOR REGULATION, CONNECTION, AND SUSTAINABLE PARENTING.