

SIGNS OF OVERSTIMULATION

Overstimulation can happen when your body is receiving too many signals from your senses, causing anger, discomfort, and many other symptoms. Listed below are a few to look out for:

Urge to cover your ears or eyes.

Trouble breathing.

Extreme temperature sensitivity.

Feeling the need to self isolate.

Muscle tightness or jaw clenching.

All your senses feeling heightened.

Restlessness/the inability to sit still.

Being irritable and having a short temper.

Inability to hold a conversation.

Speaking faster or slower than usual.

Becoming hyper aware of clothes on your body.

Feeling nauseas

Racing thoughts.

Experiencing insomnia.

Anxiety and fear.

Shivering/shaking

RESOURCES

<https://www.psychmechanics.com/overstimulated-meaning-signs-how-to-cope/>

<https://therapist.com/brain-and-body/overstimulation/>

<https://health.clevelandclinic.org/sensory-overload>

<https://www.medicalnewstoday.com/articles/sensory-overload#symptoms>

<https://learningforapurpose.com/overstimulation-and-sensory-overload/>

<https://neurolaunch.com/overstimulated-meaning/>

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