

Presented by BU Happiness College

# Sensory Overload, Overstimulation and Exploding

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## Sensory Overload: Parent Edition

I can't take a call when all I hear is my kids arguing in the background

I'm having a hard time focusing with all of the simultaneous sounds

Everyone wants to be physically close to me and I just need a bit of space

I can't see the mess in my home

What's that smell? I can't find the source of it and it's driving me up the wall

Does that TV have to be so loud?

There are toys scattered everywhere and I can't ignore it



@PSYCHEDMOMMY

Is it really hot in here or is it just me? I'm so uncomfortable

## I'm overstimulated more than ever since becoming a mom

@PSYCHEDMOMMY

The opportunities to recharge seem few and far between

I can't stay on top of the things that used to make me feel accomplished



It feels like people have access to me 24/7

I'm with my children day & night, without breaks

I'm the default parent and it's wearing on me

I don't have access to my support people

## What puts you at risk for parental burnout?

@PSYCHEDMOMMY



little to no support from your co-parent



financial strain



having young children



social comparison



history of depression, anxiety, self-doubt



having perfectionistic tendencies



having an 'I don't like to ask for help' attitude



limited support from family and friends

## MOM TRUTH:

### It feels like everything puts me in a bad mood when...

@PSYCHEDMOMMY

My child(ren) keep asking me to play, even after we've just finished playing

My child(ren) ask for a snack right after I served them a meal

It takes everyone so long to get ready when we have somewhere to be



I get asked for more of me and it feels like I'm already giving my all

I have to repeat myself over and over

My child(ren) talk so much



# What is Overwhelm & Overstimulation?

## Overwhelm

Too much, or almost too much to manage.

Completely overpowered or overcome by a thought or feeling.

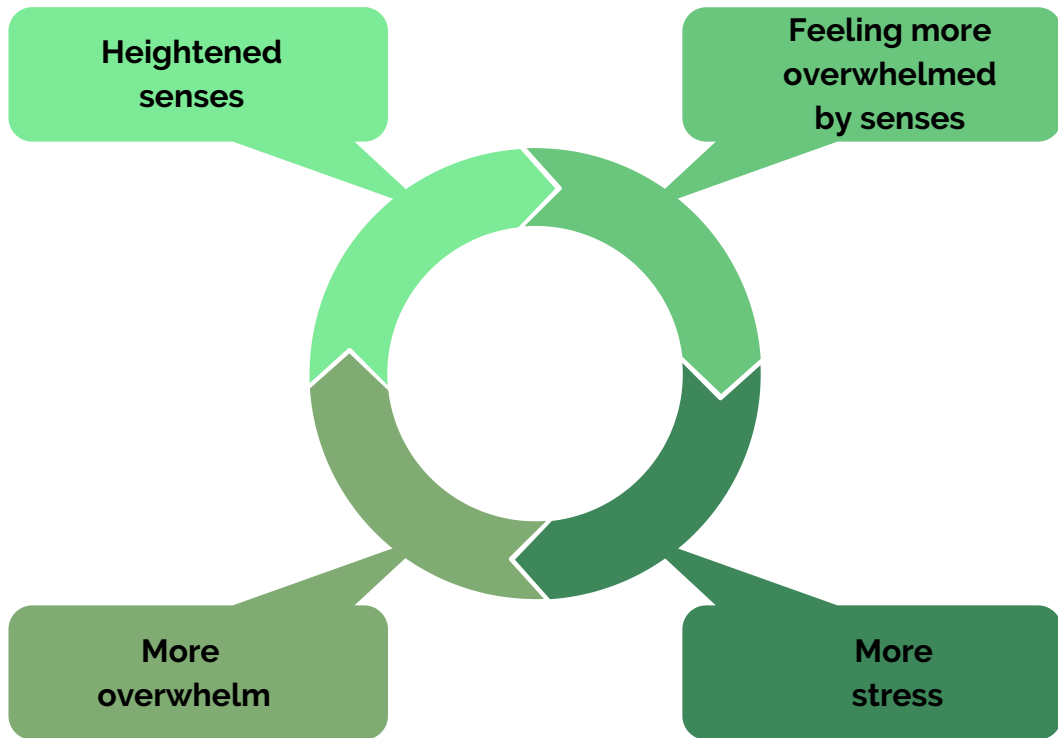
## Sensory Overstimulation

When your five senses (what you can see, hear, taste, feel, and/or smell) take in more information that your brain can process. Overwhelmed by all the input, the brain responds as it would to a life-threatening situation and enters fight, flight, or freeze response.

**How do I notice overwhelm or overstimulation coming up for me lately?**



# The Stress Response Cycle



Regulating \_\_\_\_\_ =  
\_\_\_\_\_ sensory input

Notes:



# What is underneath my overwhelm?

Anger / overwhelm / exploding



Unheard

Tired

Resentful

Unappreciated

Inadequate

Notes:



# Your Tools



**Reconnect with yourself. Alone time.**



**Stop comparing**



**Say no when you need to**



**Create routine & structure**



**Allow for quiet time with friends / family**



**Have 'quiet time' activities**



**Know your triggers & have solutions**



**Prioritise sleep / rest**



**Share how you're feeling**

A close-up photograph of a person's hands holding a pen and writing in a spiral notebook. The person is wearing a dark-colored shirt. The background is softly blurred, showing what appears to be a window with light-colored curtains.

# Key Takeaways

Takeaway 1...

Takeaway 2...

Takeaway 3...