





I AM OVERWHELMED

Presented By ABSI



I Am Overwhelmed

From Autism Behavior Services, Inc.

**Sometimes being around
people can make us feel
overwhelmed.**





**It might be hard to
keep up. This can make
us feel overwhelmed.**



We can feel this way in school. With all the kids running around, we might not feel in control.





**As much as we love
amusement parks, they
can make us feel
overwhelmed.**



**They're big, loud and often
filled with
people.**





**We often have to
wait in lines and
go with the flow.**

**Following a schedule
we don't control.**

**This is where front loading
can really help us!**

**Front loading is
when we are given
information before
something
happens, so that
when it happens we
already have a plan
to deal with it.**



**Frontloading can
help us know what
to expect when we
are in places that
can feel
overwhelming.**



**Other ways we can
help ourselves when
we feel overwhelmed
are...**

**Find areas that are
more open and
quiet.**

A colorful illustration of a young girl with orange hair in pigtails, wearing a purple coat and skirt, sitting on a wooden chair at a picnic table covered with a red and white checkered tablecloth. In the background, there is a large yellow Ferris wheel with red and blue gondolas, a roller coaster with red tracks, and a city skyline under a blue sky with white clouds. The scene is set in a grassy area with some trees and bushes.

**This will allow you
to take breaks
throughout the day,
and have more control
over the amusement
park environment.**

**Being in a
store can
make us feel
overwhelmed**

...



**People are shopping,
there's lots of things
to get our
attention,
different colors,
smells, and
sounds.**



**One coping skill you
can use is to set
timers.**

**You can help your
parents shop for a
certain length of
time.**

When the timer goes off, you can take a break or go to an area of the store you find more comforting.



**After an
agreed upon
amount of
time you can
go back to
helping your
parents and
take breaks
as needed.**





**We all love
our homes,
as they are
our safe
place.**

**Despite how
safe they
make us feel,
we can also
feel
overwhelmed
there too.**



**We might feel
overwhelmed
when people
come to work in
our homes.
Especially, if we
don't know them
or know when
they will leave.**





**We can be
Frontloaded
before we have
any visitors.**

**This lets us
know when
people are
coming over.**

**And when
they will be
leaving.**



**We can also
go to an area
of the house
we're more
comfortable
in.**

You can
**1) Take deep
breaths**
**2) Count
down from
10 to 1**

**We can even
feel
overwhelmed
when nobody
new is in our
home.**

**Maybe
homework is
too
demanding?
Or, maybe
the WiFi isn't
working how
it should?**

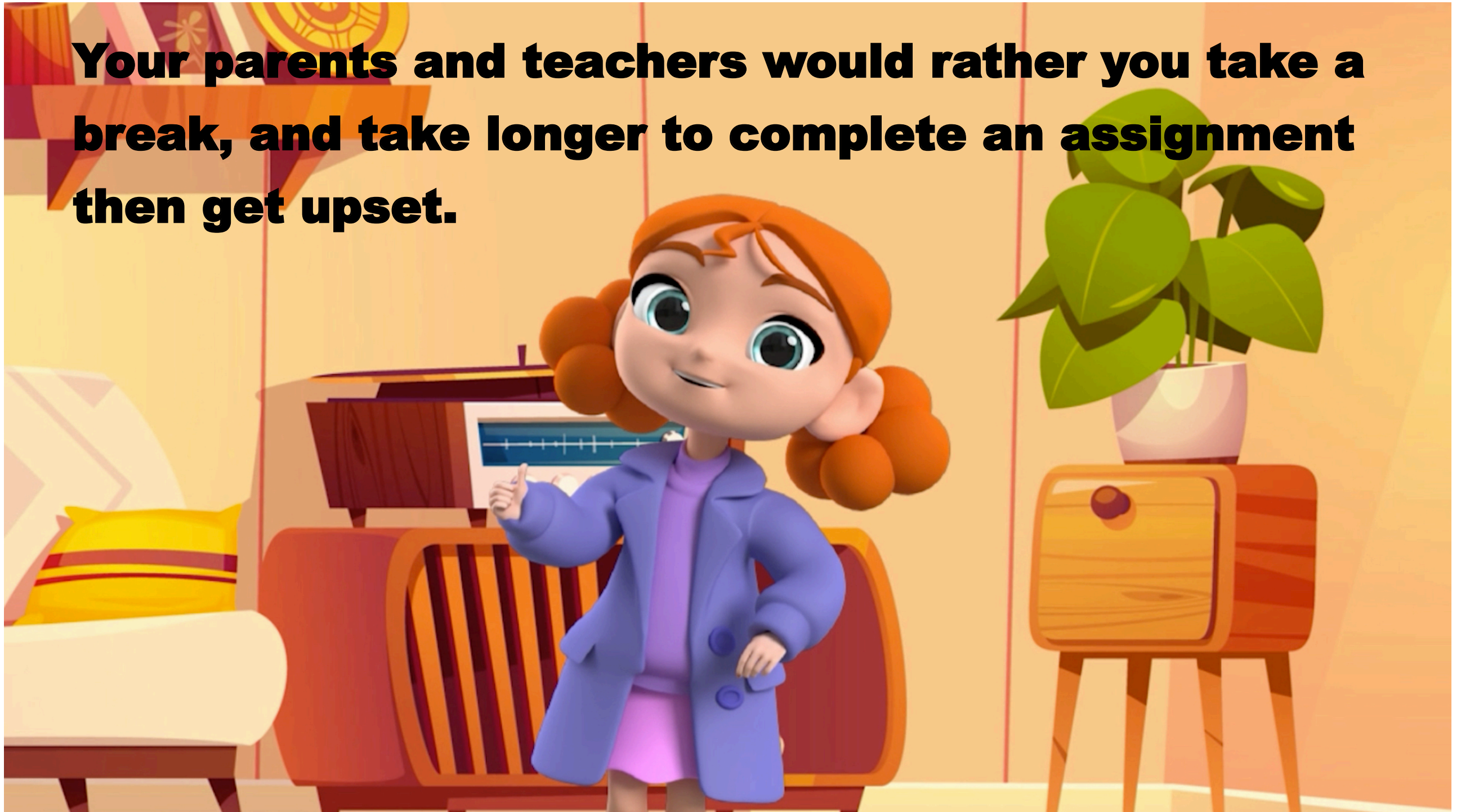




**Or, maybe
we feel like
we're not in
control?**



Your parents and teachers would rather you take a break, and take longer to complete an assignment then get upset.





**Weather can be
overwhelming.**



If it's too cold or it starts to rain, this can overwhelm us.

Our bodies might be too sensitive to various temperatures.

If this happens it's best to count down from 10.

Get into more comfortable weather conditions.

You can also draw, stream your favorite show, or do something that makes you happy.

**There are
many
situations
that can make
us feel
overwhelmed.**





**If we have
strategies in
place to deal
with these
situations
we can
manage
them.**

**Eventually, we
may not feel
overwhelmed at
all!**



WH Questions?

- 1) What are some things that make us feel overwhelmed?
- 2) What are some things we can do when we feel overwhelmed?
- 3) What is frontloading?





For More Resources and
Information please visit:

www.autismbehaviorservices.com

For More Information on Autism or
Careers in Autism please contact:

1-855-581-0100

