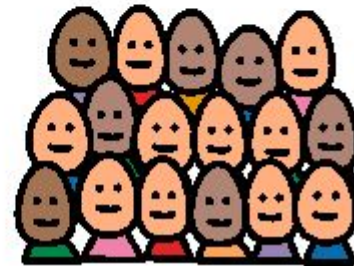
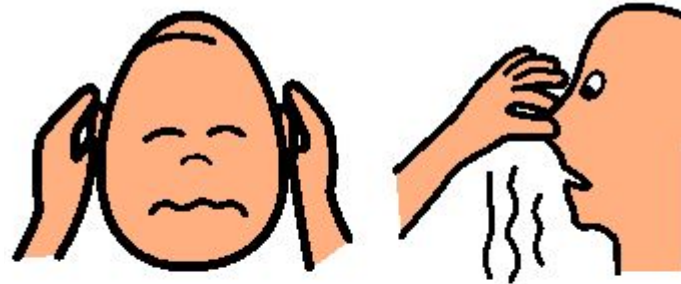
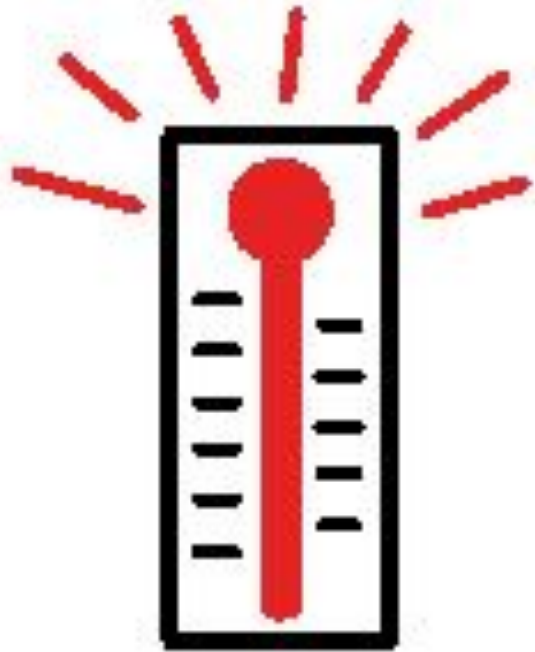
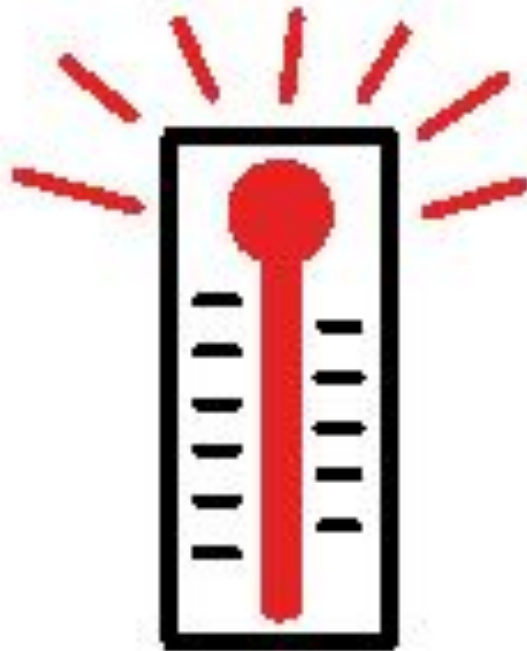


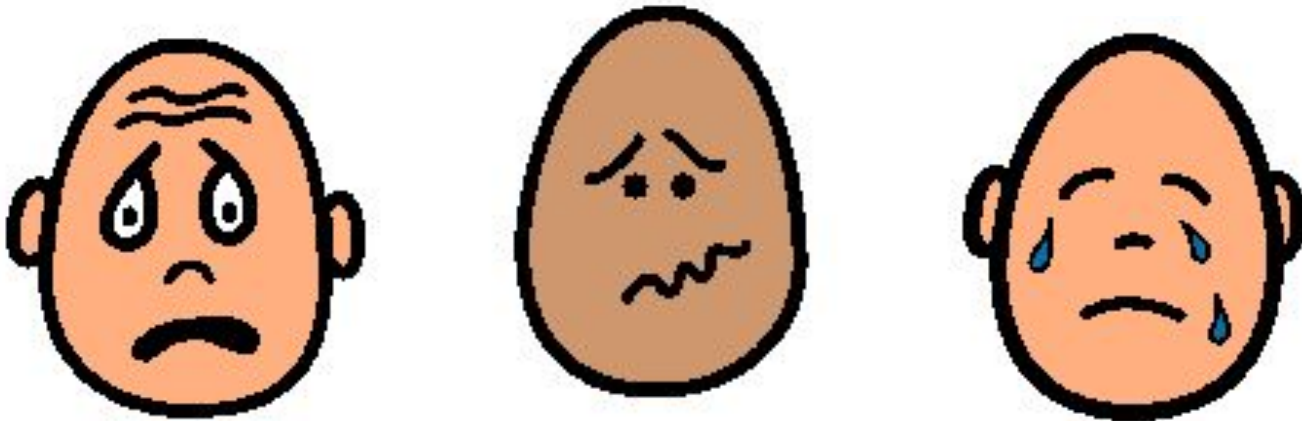
I feel overwhelmed.



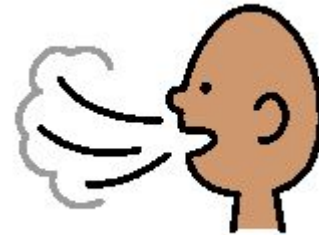
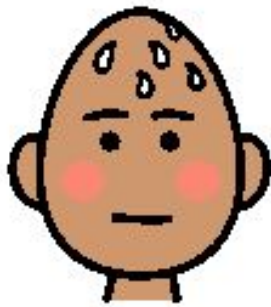
Sometimes places can be
overwhelming.



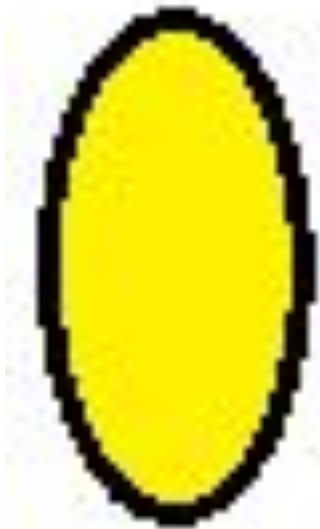
When I am overwhelmed I might feel,
Scared, anxious and upset.



My body might feel sweaty and shakey.
My breathing might be very quick. I
might have a tummy or head ache.



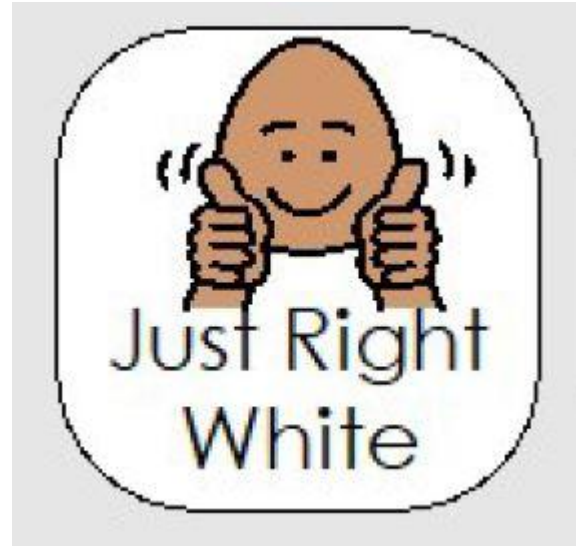
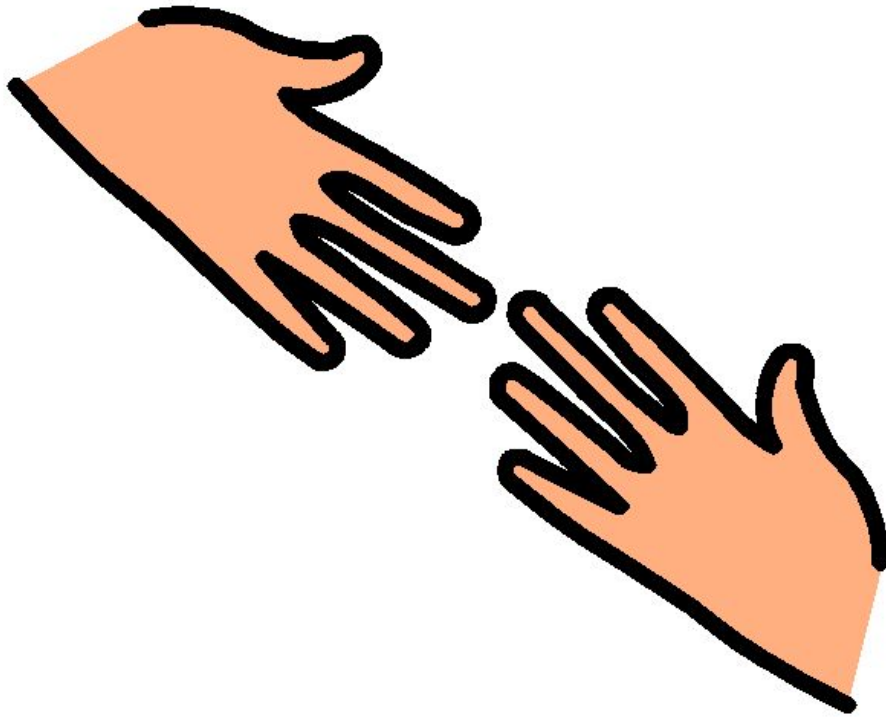
I might feel other things too. That is
ok.



This can make me feel revved up red or mellow yellow.



I can ask my carer to help me get back to just right white.



I can say I am upset and things are too busy and fast.



I can ask to go to a quiet space for a break.



I can ask for my noise cancelling headphones and calming toy.



My carer is there to help me. I will be ok.



I can feel just right white again.

