

Irregular breathing	Feeling of not getting enough air
Feeling too cold / too warm	Tingling sensations
Headache, stomach ache	Nausea
Sudden fatigue	Dizziness
Physical tension	Pressure in the head
Body trembling	Restless legs
Yawning	I start feeling scattered / disorganised

Looping thoughts	Replaying what I heard in my head
Difficulty placing information into context	Difficulty processing speech
Loss of focus	Forgetting details
I can't find words	Mentally switching off during conversation
Irritability	Anxiety
More negative outlook	Worry that I might come across as unpleasant
Increased need for movement	Clicking a pen

Doodling	Increased stimming
Thinking about stimming	Urge to make sounds
Desire to leave	Turning inward / shutting down
Urgent need to leave	Pushing back / resisting
Urge to correct others	Inappropriate words swirling in my mind
Drink something (water / tea / a preferred drink)	Eat something (a preferred snack)
Touch something cold	Wrap myself in a blanket

Close my eyes	Close my eyes firmly (for a longer moment), then open them wide
Breathing exercise	Free stimming (movement, sound, objects)
Using stims / fidgets	Rocking my body
Gentle movement (stretching, walking, yoga)	Tensing and releasing muscles (subtly)
Short exercise	Going for a walk
Going outside	Quiet time alone
Noise-cancelling headphones	Listening to music

Moving to a sensory-friendly space	Dimming or adjusting the light
Opening a window / fresh air	Grounding exercise
Journaling, drawing, doodling	Doing something that is “mine for me”
Engaging in a comfort activity	Avoiding additional demands until I regain energy
Using my preferred communication method	Not drawing attention to myself

Body signals

Mental Overload

Emotions

Need for Movement and Stimulation

Withdrawal and Boundaries

Zone - out

Neüro Dem



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