


Overwhelm

Session 3: Understanding and supporting overwhelm

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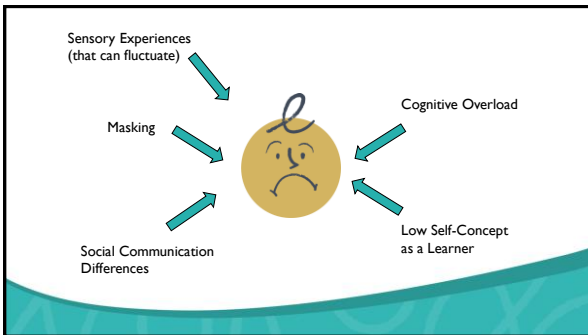
Overwhelm

Today we will be covering:

- Why school can be overwhelming for some
- What overwhelm might look like
- What individuals can do to help reduce overwhelm (e.g. energy accounting)



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The Capacity Cup



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Activity 1:



In small groups

Think about what might fill a neurodivergent child's 'capacity cup'.

Start at the beginning of the school day.

Write these down inside your capacity cup.


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Autistic voices...

SWAN Focus Groups



"Autistic burnout... comes from years of being severely overtaxed by the strain of trying to live up to demands that are out of sync with our needs" – Raymaker, 2020.


92% of young people experiencing school distress are neurodivergent. Autistic individuals were the most likely to experience school distress - Connolly et al., 2023.

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Energy Accounting


Can be used to explore the day-to-day experiences that can 'drain' and 'recharge' someone's energy.

This could specifically relate to a certain type of energy, for example someone's social energy (social battery) or energy for learning, or someone's overall energy encompassing social and learning elements as well as others such as emotional and sensory energy.



Maja Toudal & Tony Attwood

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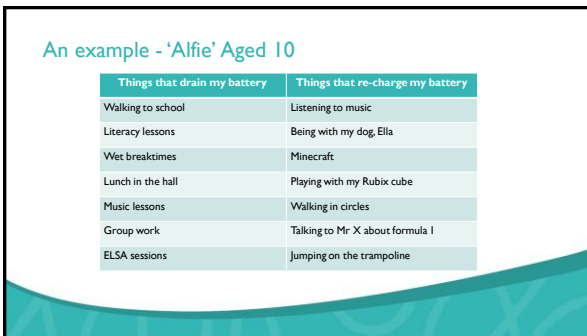


<https://www.youtube.com/watch?v=Q6Q8vbLj6XY>

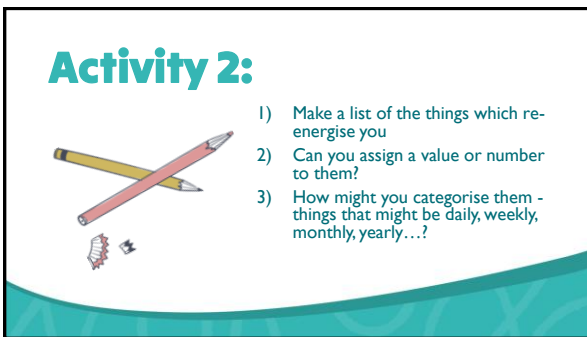
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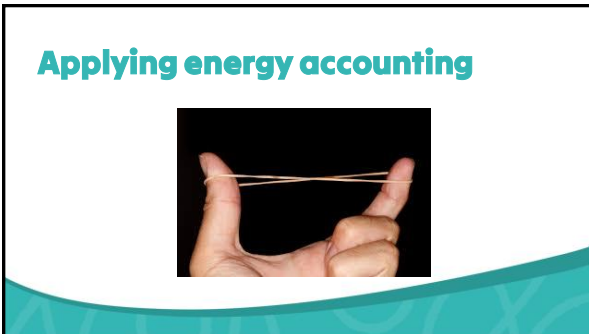
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