

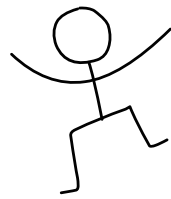


## 01. The neurodivergent brain tends to be highly sensitive.

This is related to natural variations in how the neurodivergent brain processes emotions, sensory input, and stress.



## 02.



**Neurodivergent folk are often less able to notice their emotions building.**

This is because rising emotions are signalled differently, so they may not be noticed until the emotion is already very strong.

## 03.



**This can look like feelings going from “zero to 100”.**

Which makes it hard to use coping strategies in the heat of the moment.

**It also means it can take longer to return to a state of calm.**

This is not poor behaviour. Moving on from such big feelings takes time.

## 04.

