

## WHEN SOUND IS TOO MUCH

## sensory overload recovery plan

Sensory overload happens when the world sends more sound, light or activity than your body can take in at once. It is a normal response, not a failing. This plan offers gentle, practical steps for before, during and after. There is no right way to do it, and going slowly is fine.

## AS IT BUILDS

**lower the input early**

Notice the first signs, tight chest, rising irritation, wanting to cover your ears. If you can, reduce the noise now: put in ear protection, dim the light, or move somewhere quieter. Acting early is easier than waiting.

## IN THE MOMENT

**steady your body**

Find a safer, calmer spot if one is near. Slow your breathing, out for longer than in. Press your feet into the floor, hold something firm, or close your eyes. You do not have to speak or explain while you settle.

## AFTERWARDS

**let yourself recover**

Overload is tiring, and recovery takes time. Rest, drink some water, and lower your demands for a while. Be as kind to yourself as you would be to a friend. Needing to recover is not a step back.

**your recovery, your pace**

Take only what helps from this page and leave the rest. For a quiet moment with nothing but slow breathing, the reset zone at [hushri.com](https://hushri.com) is free, private and has no sound.



## ABOUT hushri

for anyone who finds the world too loud.

hushri is the human home for noise sensitivity and sensory difference — built from lived experience, in the belief that the problem is the world, not the people in it.

## WHAT WE STAND FOR

### Accessibility

Barriers removed, so support is easy to reach.

### Honesty

We say what is true, clearly and without spin.

### Respect

Every person met as they are, without judgement.

### Friendliness

Warm, approachable, and never clinical.

### Inclusivity

You are welcomed, represented, and made to belong.

### Sincerity

We mean what we say, and we say it with care.

## SCAN TO EXPLORE hushri



### Read & explore

Guides, tools and support at  
hushri.com



### Watch & listen

Calming videos on  
YouTube @hushri