

DID YA KNOW?

A TRAUMA RESPONSE
and an
AUTISTIC MELTDOWN
can blend

YOU CAN EXPERIENCE BOTH AT THE SAME TIME

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An autistic trauma response can cause a meltdown

LET'S SAY YOU HAVE SENSORY TRAUMA
AROUND LOUD NOISES

AND YOU BECOME AFRAID OF LOUD
NOISES

WHEN YOU ARE IN A LOUD
ENVIRONMENT, YOU GET SCARED
(ACTIVATION OF TRAUMA) AND BECOME
OVERSTIMULATED (MELTDOWN)

They Blend

IT MAY NOT BE THAT SIMPLE

BUT PART OF SENSORY OVERWHELM
COULD BE AN IMPLICIT MEMORY OF
YOUR TRAUMA

A REACTIVATION OF SENSORY PAST
TRAUMA, YOU MAY BE RELIVING IN THE
PRESENT

Healing the sensory trauma

**HEALING THE SENSORY TRAUMA MAY
HELP RESOLVE SOME OF THE
OVERWHELM**

**USING A BOTTOM-UP APPROACH TO
HEALING**

**ACCOMMODATE ANY SENSORY NEEDS
MOVING FORWARD TO PREVENT
RE-TRAUMATISATION**
