

The busy brain book

Care for easily overloaded minds:
a workbook for children and adults

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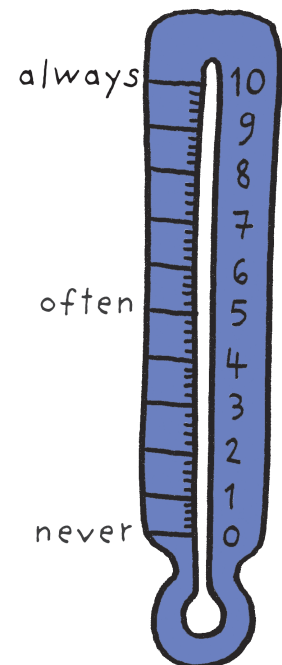
Chapter 1

How to notice that your mind is becoming overloaded

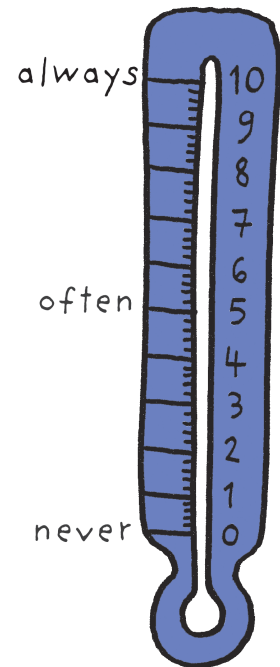
Do you know how it feels when your mind is overloading?
You can read about it here.

You can mark the thermometer to show how often you feel like this.
0= never / 5= often / 10= always
Of course you can also place a mark at 1, 2, 3, 4, 6, 7, 8 or 9.

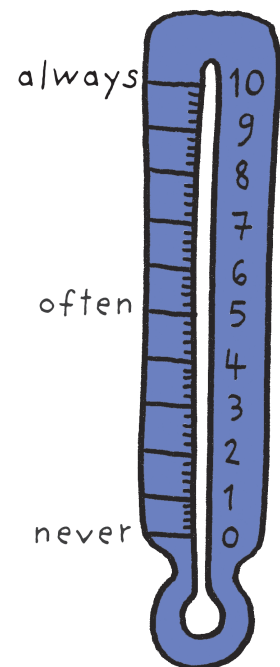
Thinking gets harder



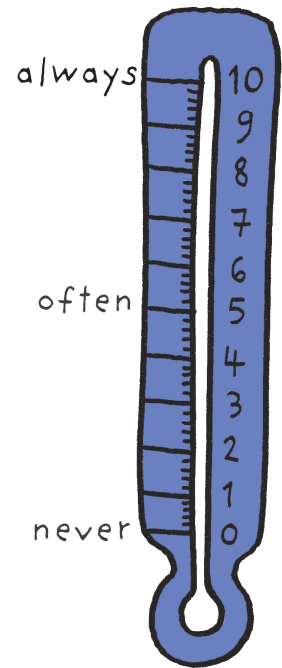
Paying attention becomes difficult. You lose focus



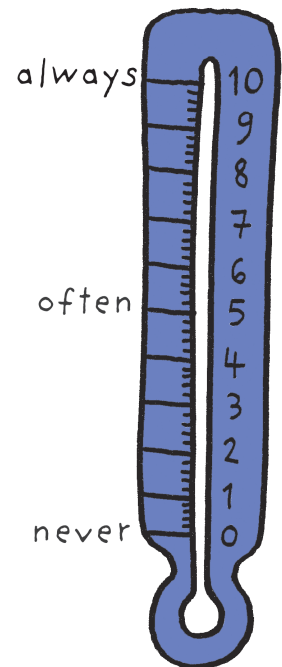
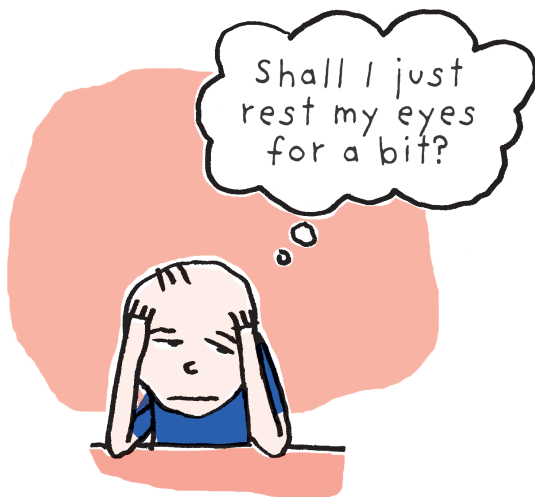
You can't really follow what anyone is saying to you anymore. You hear them talking but don't understand what they are saying. It just doesn't sink in!



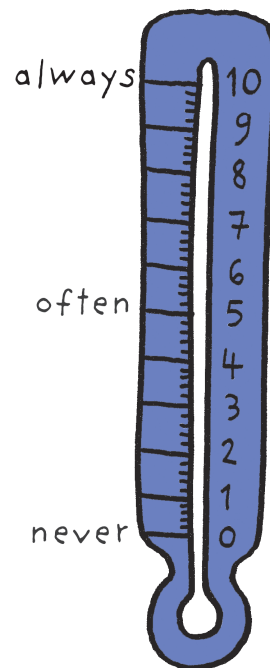
It gets harder to understand what you are reading



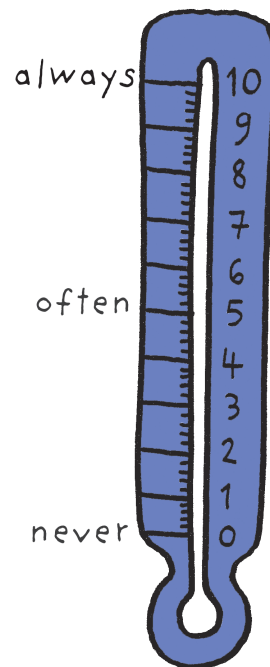
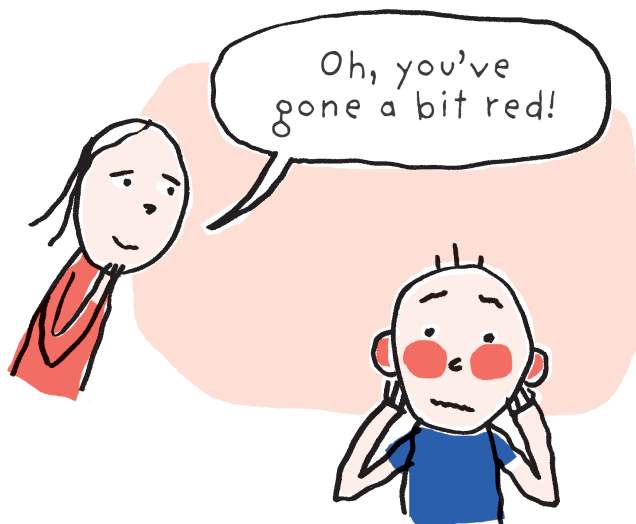
Your head starts to feel tired. It feels heavy and you just want to get some rest.



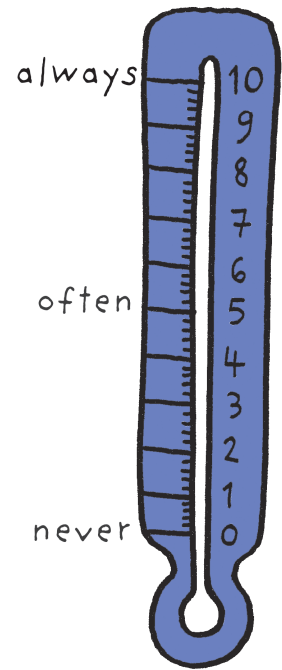
You start to sigh more



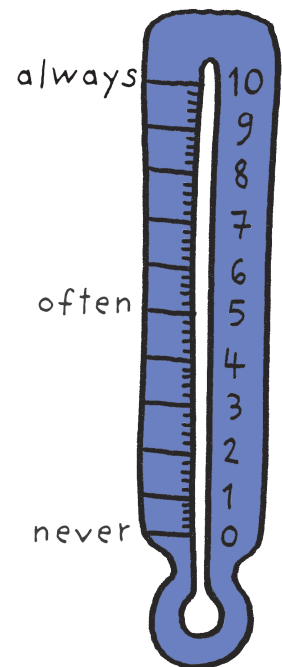
Your head gets warmer and your face begins to turn red



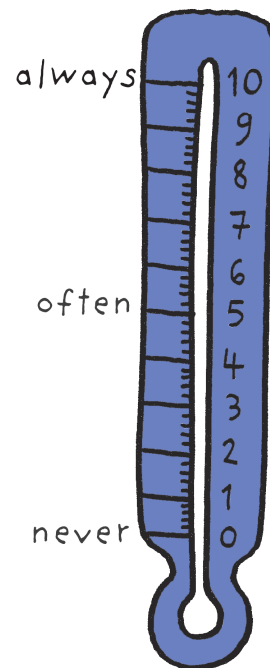
Or maybe you become quieter and your face turns pale



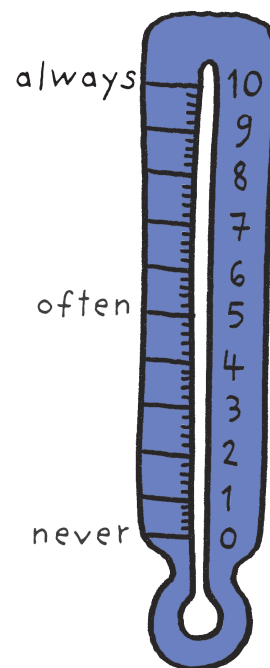
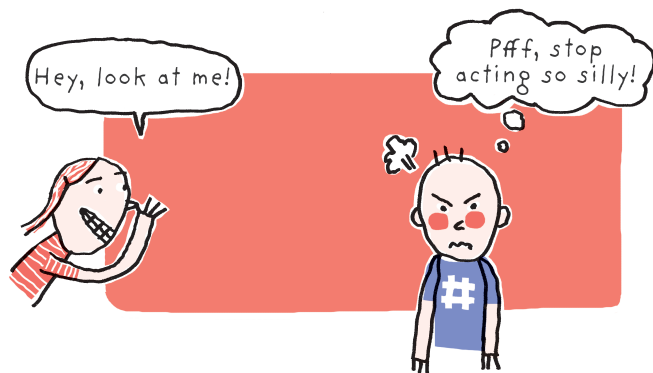
You have no energy



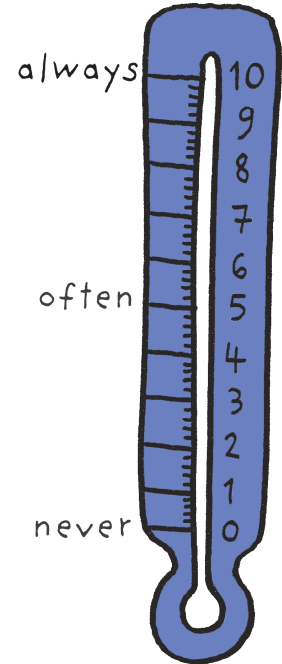
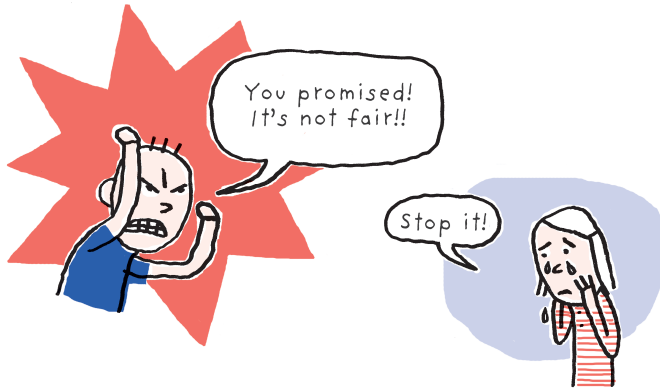
Or you can't sit still and start to fidget



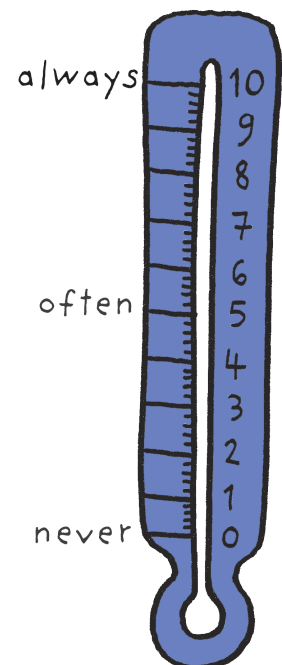
You get easily annoyed and can't take a joke anymore



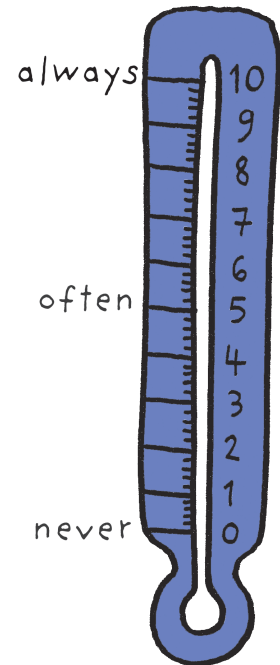
You get grumpy, whiney and angrier more quickly. You get into an argument more easily



It gets harder to find the right words



You forget names, words and appointments more easily



You struggle to come up with solutions to problems

