

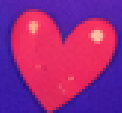
Jay's Busy Brain

Be
careful

What
if?

I need
space

A story about a brain that
is trying to **keep you safe.**



Jay had a **very busy brain**.

Sometimes his brain was so busy, it felt like there were lots of **alarms** going off all at once.



Even when nothing dangerous was happening.
The alarms could make his brain feel
itchy, loud or heavy.

Jay looked around the classroom.
Everyone else seemed okay.
They were laughing, talking, getting on
with their work.
But Jay didn't feel like them.
It felt like there was a wall around him.



Even when people were close,
his brain didn't feel safe enough
to let them in.

Jay's brain tried to make sense of the busy feelings. So it told him stories like:

☁️ I'm different.

☁️ Something's wrong with me.

☁️ It's my fault.

Those thoughts felt really real.



Those thoughts felt really real.
But they were just his brain trying
to figure things out.

Sometimes Jay wanted things to feel more in his control.

If things felt confusing or unpredictable, his brain tried to take charge.

That helped him feel a little safer.



When it all felt too much,
Jay's brain wanted a break.
So he might:

- look away,
- stop listening,
- or leave the room



Not because he didn't care...

... but because his brain needed space.



Sometimes, even small things felt **really big**.

A look.

A noise.

A change.

And suddenly, Jay's brain would say:

 **Something's not right!"**

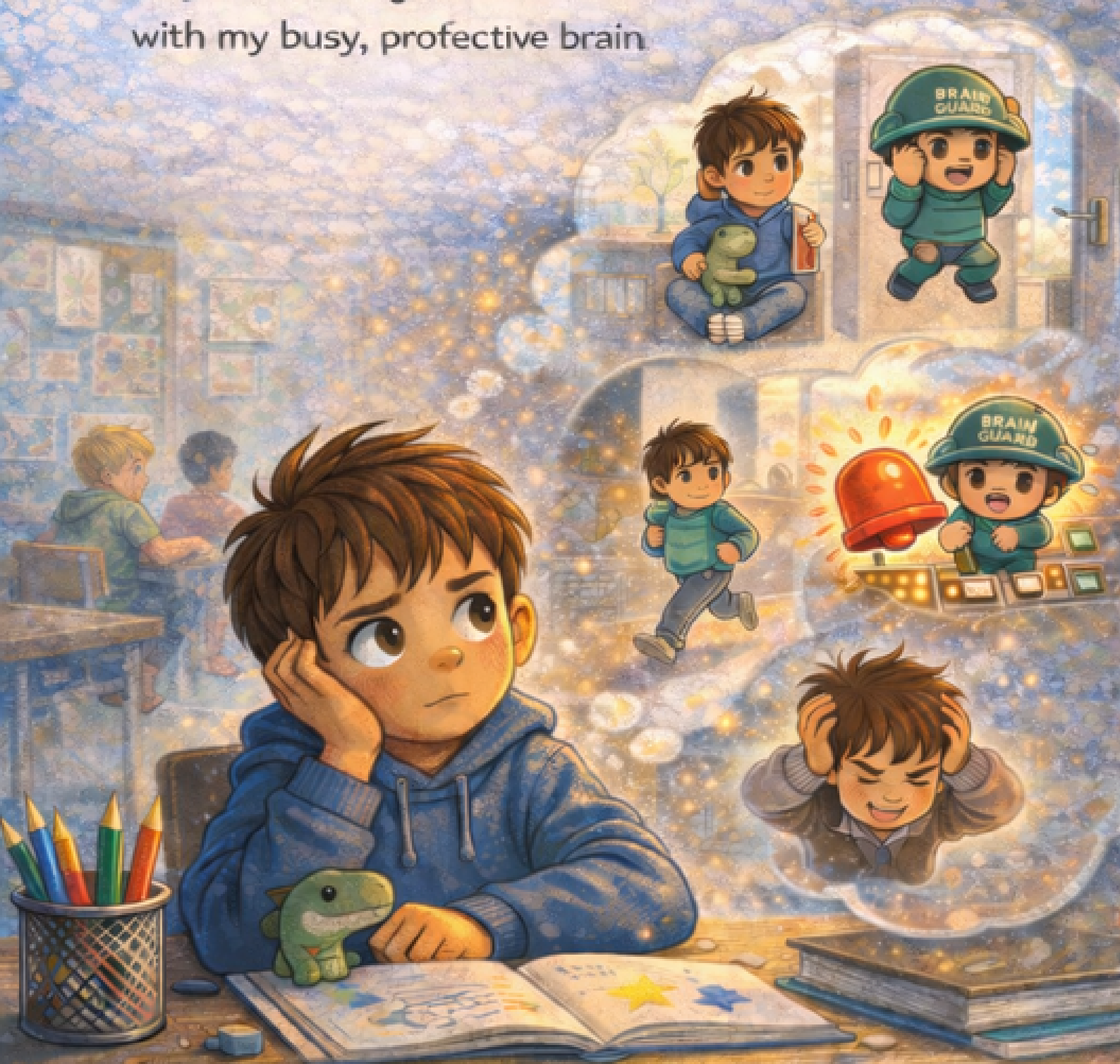


His feelings got loud,
and his thinking got quiet.

Jay started wondering:

Maybe I'm not the problem?

Maybe I'm doing the best I can
with my busy, protective brain.



One day, someone explained it to Jay.

“You know, your brain is an amazing part of you. Its main job is to keep you safe,” she said.

“When your brain has worked hard, maybe because things have been a bit tricky for you, our brain guard can feel a little confused. It can make us prepare for danger that isn’t there.”



It's okay, Brain Guard.
I know you're just trying
to help me feel safe.

Maybe it's not so unsafe
anymore, buddy.



Jay had a new way to speak to his brain.
He didn't blame it or try to fight it.
Instead, he learned to work with it.

