

Challenge 4: Sensory overload

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Sensory overload can be triggered by the **quantity of content** available and by its **sensorial quality**.

"I used to be part of some autistic women's groups on Facebook, which I did find valuable for sort of shared experience and things. But I did leave them or unfollow them in the end, because there'd be quite **a lot of posts**, and **it could get a bit overwhelming**."

"I love the photos and the fact that Instagram is now **full of reels** is very **upsetting**."