

# Sensory Overload Awareness

We have decided to choose a target audience of people who suffer from various sensory overload disorders. A sensory overload can lead to a person feeling distressed, agitated, or anxious and can be triggered by several things; such as noise, lighting, and smell just to name a few. Sensory overloads are an issue that many people face, and there needs to be more awareness around it as it can be difficult for these people to face on their own.

Here is a few ideas on how we can improve this issue:

- Having more quiet spaces in public spaces such as, shopping centers, airports and gyms. These can be useful as it allows people to have somewhere to feel calm in a safe environment incase of a sensory overload.
- Foot traffic counters are another solution for those who don't like crowded spaces. For example, pure gym allows you to see how many people are using the gym currently and gives averages on how busy it usually is at any time of the day through the app.
- A help desk in public areas that provides information and is there to help people who suffer from conditions such as autism, ADHD and other sensory overload conditions.