

# The Neurodivergent

What is it like feeling different?  
Sometimes feeling misunderstood  
Sometimes just not fitting in  
Sometimes not knowing if I should

A late realization in life  
Means reflecting again and again  
Learning about your triggers  
Or having adjustments now and then

It could be getting overstimulated  
By noise or crowds  
So using your headphones  
Can block it all out

Or maybe misinterpreting social cues  
And getting drained out  
Having quiet time is so useful  
So everything is not as loud

It could be stimming  
For years hiding away  
Until you feel brave to talk about it  
Helping you to focus in the day

Little things like processing slowly  
Or keeping a structured routine  
Maybe even fixating on ideas,  
Can be so soothing

We are human, we are learning  
In a neurotypical society  
After years it has clicked  
This world is the problem, not you or me

Let's normalize talking about neurodiversity

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