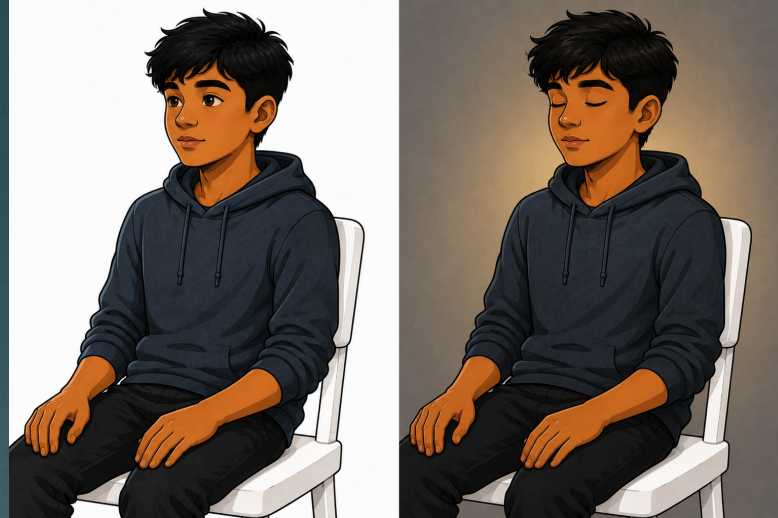


Severe Sensory Reset



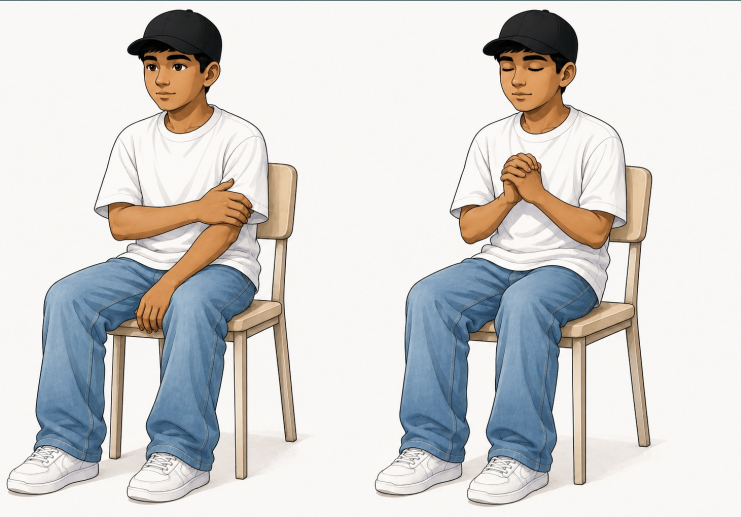
Reduce Sound

Move somewhere quieter, lower the noise around you, or briefly cover your ears.



Reduce Bright Light

Dim the lights, turn away from bright light, or briefly close your eyes if it feels safe.



Use Slow, Steady Pressure

Slowly press or squeeze your hands or arms to give your body steady sensory input.



Rest Your Head and Neck

Rest your head on your arms, a pillow, or another comfortable surface and let your neck and shoulders relax.