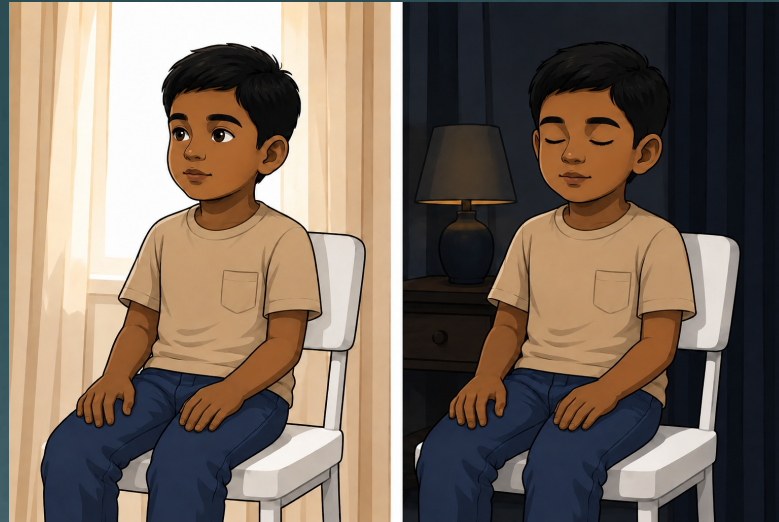


# Severe Sensory Reset



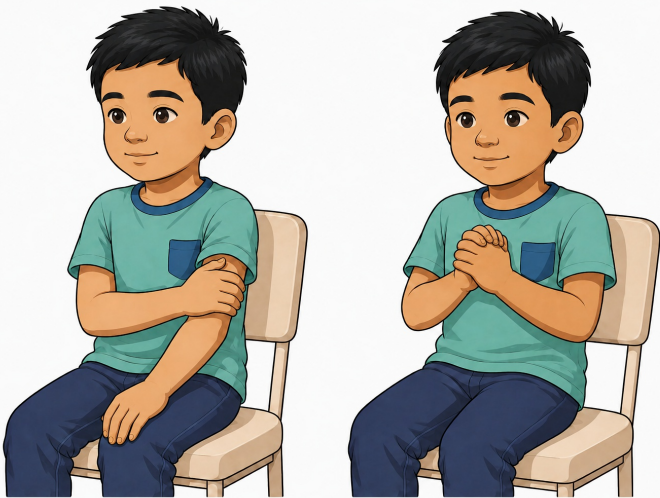
## Find a Quiet Spot

Go somewhere quieter or cover your ears for a little bit.



## Get Away from Bright Light

Turn down the lights, look away, or close your eyes for a little bit.



## Give a Gentle Squeeze

Slowly squeeze your hands or give your arms a gentle squeeze.



## Rest Your Head

Put your head down on your arms or a pillow. Stay there for a little while.