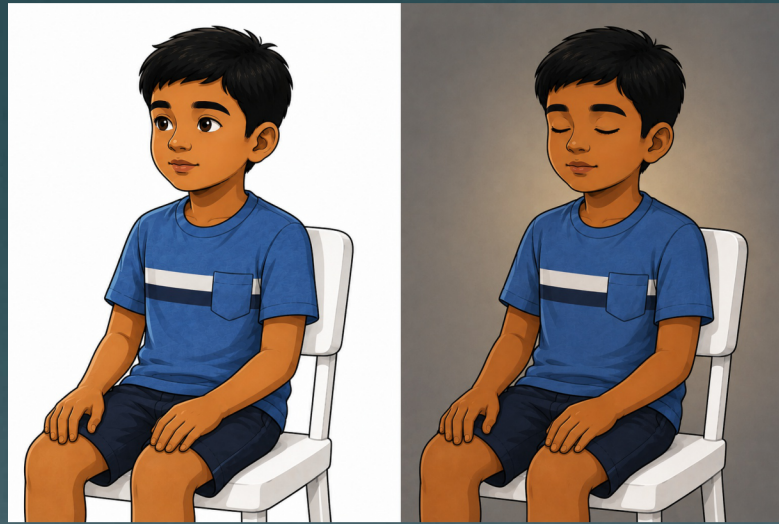


Severe Sensory Reset



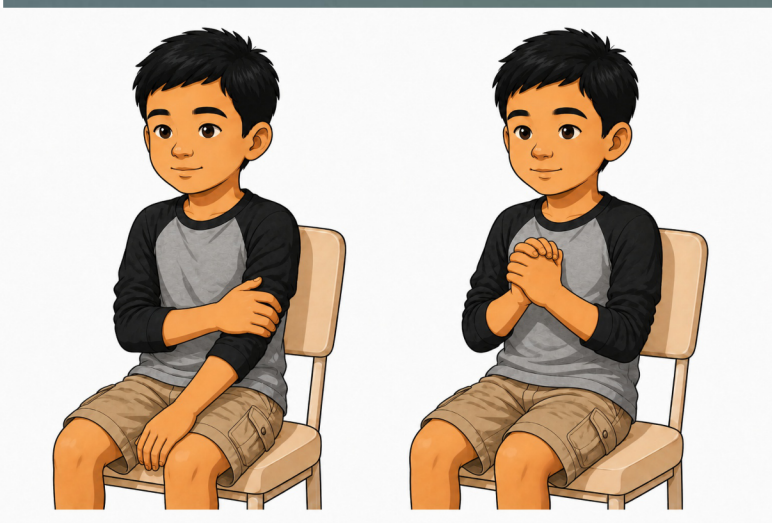
Turn Down the Noise

Move somewhere quieter, lower the volume around you, or use headphones or earbuds if you have them.



Reduce Bright Light

Dim the lights, turn away from bright light, or close your eyes briefly 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.