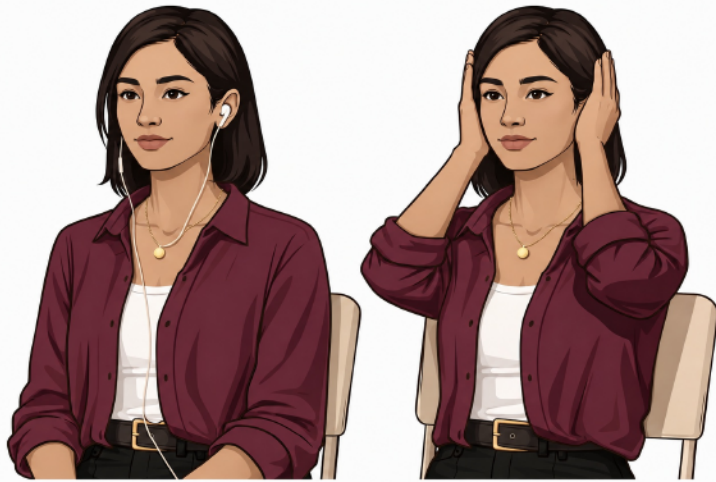
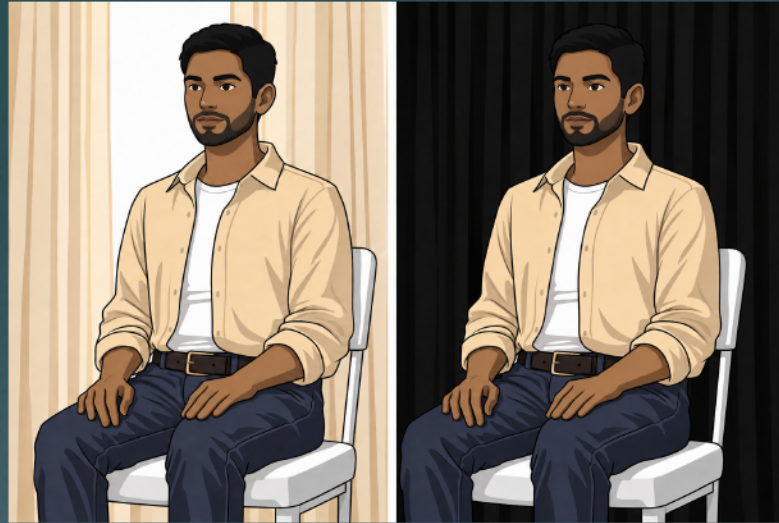


SEVERE SENSORY RESET



Reduce Sound Input

Lower surrounding noise where possible or briefly cover your ears to decrease auditory input.



Reduce Visual Input

Dim lights, turn away from bright light, or briefly close your eyes if safe to do so.



Slow, Steady Touch

Apply slow, even pressure to your arms or hands to provide calming sensory feedback.



Rest Head and Neck

Lower your head onto your arms or a surface and allow your neck and shoulders to relax.