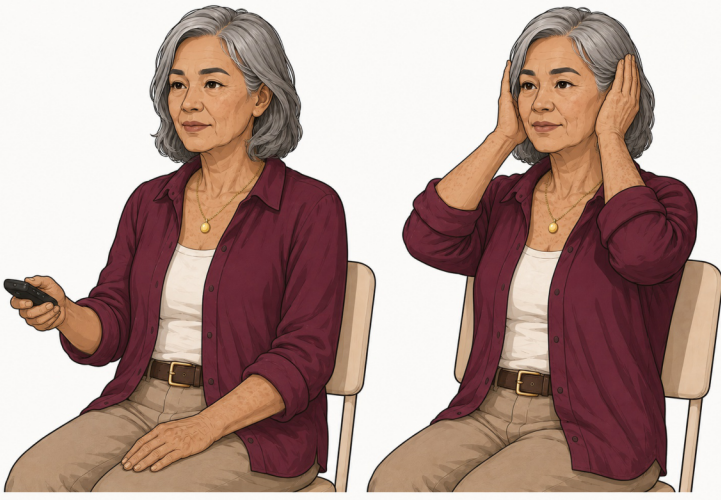


Severe Sensory Reset



Reduce Surrounding Noise

Lower nearby sounds when possible. Move to a quieter space, turn down the television or other devices, or gently cover your ears for a short time.



Reduce Bright or Busy Visuals

Dim the lights, turn away from bright or busy surroundings, or briefly close your eyes if it is safe and comfortable to do so.



Use Slow, Steady Touch

Gently apply slow, even pressure to your arms or hands. Keep the pressure comfortable and stop if it does not feel helpful.



Support Your Head and Neck

Rest your head and neck in a comfortable, supported position and allow your shoulders to relax.