

The Sensory Symptom Survival Guide

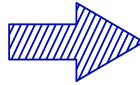
Identify ♦ Adapt ♦ Improve

THE PROBLEM:

THE FIX:

VISUAL SENSITIVITY

- Glare
- Light
- Motion sickness
- Eye strain
- Headaches

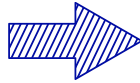
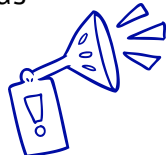


- Billed hat
- Sunglasses
- Dimmers
- Walk with a buddy
- Reduce visual clutter
- Go at "odd" times



SOUND SENSITIVITY

- Startle to loud noises
- Overwhelmed in crowds
- Irritability
- Difficulty focusing
- Headaches



- Noise-canceling headphones
- Earplugs
- Go at "odd" times
- Position yourself on the outer edge

OTHER SENSITIVITIES

- Aversion to scent
- Taste changes
- Irritated by clothing or touch
- Difficulty sitting still
- Clumsiness



- Scentless soap/detergent
- Hand fans
- Wear tight-fitting clothing
- Do pushups or planks
- Receive deep pressure

