

# Sensory Processing Issues

## are real.

Some people are much more — or much less — sensitive than others to what they hear, see, smell, taste, or touch. Sensory processing issues can also affect balance and movement.

## can be overwhelming.

Things like bright lights and loud noises can trigger meltdowns beyond a person's control. These difficulties can lead people to seek out sensations, too — like wanting to be hugged.

## are misunderstood.

Trouble with sensory processing doesn't mean a person is "difficult" or "overreacting." When provided with the right strategies, people can thrive.



**Sensory processing issues aren't caused by a lack of discipline or toughness.**

## Trouble areas

- Melting down from sensory overload
- Not reacting to pain, heat, or cold as expected
- Handling changes in routines
- Coordination and balance
- Invading personal space or playing too roughly
- Trying new foods
- Managing emotions

## Ways to help

1. Strategies like removing clothing tags, dimming the lights, or using noise-canceling headphones
2. Fidgets or chewing gum to help sensory seekers maintain a "just right" state
3. Quiet spaces and advance warning about changes in routine or loud noises, like fire alarms