

SENSORY SAFETY

Understanding Your Load

If your nervous system is overwhelmed, productivity drops. You aren't lazy; you are overloaded. Identification is the first step to regulation.

1. Spot the Stressors

SOUND

- Chatter / Sudden noises
- Traffic / Office hum
- Music with lyrics / Silence

OTHER: _____

LIGHT

- Fluorescent / Bright overheads
- Screen glare / Blue light
- Natural light shifts / Low light

OTHER: _____

TOUCH / BODY

- Clothing textures / Sitting still
- Hunger / Thirst / Temperature
- Unexpected touch / Pain

OTHER: _____

VISUAL LOAD

- Clutter / Too many tabs
- Notifications / Peripheral movement
- Busy environments

OTHER: _____

2. Top 3 Drains

01. _____

02. _____

03. _____

IMPACT (E.G. SHUTDOWN, IRRITABLE):

3. Early Warnings

- | | |
|------------------------------------|-----------------------------------|
| <input type="checkbox"/> Snapping | <input type="checkbox"/> Escapism |
| <input type="checkbox"/> Brain fog | <input type="checkbox"/> Tension |
| <input type="checkbox"/> Headache | <input type="checkbox"/> Shutdown |

WHEN I NOTICE THESE, I WILL:

Building Sensory Safety

4. Reduce — Replace — Regulate

STRESSOR	REDUCE (<i>limit</i>)	REPLACE (<i>swap</i>)	REGULATE (<i>calm</i>)
<i>Example: Noise</i>	Headphones	Brown noise	5-min breathing
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

5. RESET SPACE

- Soft light
- Weighted item
- Fidget tools
- The car

USAGE: AFTER MEETINGS / WHEN OVERWHELMED



6. TRANSITION ANCHORS

Choose rituals for task switching:

- 3-minute stretch
- One song ritual
- Make a hot drink
- Deep pressure / Fidget

7. Portable Sensory Kit

- Earplugs / Buds
- Fidget tool
- Calming scent
- Sunglasses
- Chewing gum
- Snack / Water

"Safety supports productivity."