

Resourcing Options

Things you can do to help the body better tolerate and last longer when around triggers.

- ∞ Use of Ear Devices (Airpod Pros, Loops, etc.)
- ∞ Use of background noise – TV, music, fan, air purifier, Snooz Machine, etc.
- ∞ Purposefully stretch and wiggle/move around to interrupt bracing and communicate a sense of freedom to the subconscious
- ∞ If you're going to tense an area of the body, do it consciously (keeping your focus on the tension) and then keep noticing that body part for 10 seconds after you release
- ∞ Have ice water to drink but also to hold in your hands, or an ice pack
- ∞ Provide positive tactile input with things like a massager roller, therapy brush, brushing your hair, squeezing the arms/legs
- ∞ Kindly ask the person to stop (knowing it's their choice to or not)
- ∞ Take breaks before getting to the "red zone". Consider running cold water over your hands, wiggling, and/or pushing against a wall during your break
- ∞ Use of fidgets, doodling, and other positive distractions
- ∞ If possible, focus on any available pets (taking in their cutest, feeling their fur/warmth, etc.)
- ∞ Crack the window for fresh air in the car
- ∞ Do some rounds of exhaling longer than you inhale (ex. exhale to the count of 6; inhale to the count of 4)
- ∞ Rub good smelling lotion into the hands/arms
- ∞ Wear comfortable clothes
- ∞ Try to avoid negative thoughts, which only amplify the activation. Instead remind yourself that others aren't meaning to make you uncomfortable, this will pass, you can survive it, consider your options, etc.
- ∞ Suck on a mint, Lemonheads (at least 3 at a time since some aren't sour) or Red Hots
- ∞ Imagine there are mirrors around you, reflecting the sound right back to it's source
- ∞ Sit where you feel safest