

9 WAYS TO REDUCE SENSORY OVERWHELM

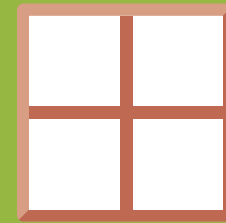
in the home



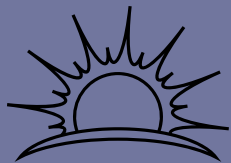
Reduce additional
noise



Reduce sensory
input



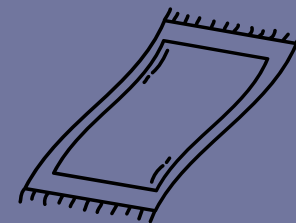
Keep windows
closed



Make use of
natural light



Use neutral
colours



Use a soft, warm
flooring



Use a beanbag or
a hug chair



Create
quiet zones



Reduce or remove
clutter

