

Sensory issues

We each have our own, unique sensory profile so need to figure out our own sensory strategies based on your own sensory irritants. The first step is to identify which sensory issues show up for you. Here is a list to get you started.

Sense	Sensory process	This triggers me...
Sight	Bright sunlight (and its glare)	
	Light wavelengths (especially LED or fluorescent lights)	
	Bright colours	
	Font styles and colours on signs, slides or books	
	Patterns (of clothes, carpets, wallpaper)	
	Crowded or cluttered environments	
	Forced eye contact	
	Rapid movements	
Sound	Things going on in other rooms or spaces	
	Loud talking	
	Loud breathing	
	People chewing food	
	Unexpected high-pitched noises (alarms, sirens)	
	People tapping	
	Background noise or chatter	
	People cheering	
	Kettle whistling	
	Noisy equipment	
	Too many instructions in a short space of time.	
Electrical technology 'humming'		
Smell	Music playing	
	Perfumes	
	Food and cooking smells	
	Toilet smells	
	Washing and cleaning product smells	
	Swimming pools	
	Gas stations	
	Bars	
	Changing rooms	
Deodorants		
Taste	Body odour	
	Strong flavours	
	Textures (especially soft or slimy foods)	
	Unfamiliar foods	

	Tasting flavours others can't (subtle flavours or detergent residues on tableware)	
Touch	Pressure on the body	
	Bedding	
	Clothes (labels, scratchy fabrics, fitting too tightly or too loosely, layering, synthetic fabrics, seams, socks that move)	
	Crowded places with others bumping into you	
	Unexpected touch	
	Wind or Rain on the skin	
	Messy activities	
	Shaking hands	
	Hugging	
	Kissing	
	Hair rubbing on neck	
	Sunglasses on the face	
	Helmets	
	Grass weird to sit on	
	Wearing suncream	
Sweating		
Vestibular (balance)	Fast or spinning body movements	
	Objects and people moving around you	
	Motion sickness	
	Dizziness from turning body too fast	
	Carrying water bottles or bags that feel unbalanced	
Proprioception (awareness of body in space)	Objects and people around you – too busy, too close, too unpredictable	
	Wind	
	Rain	
Interoception (awareness of your internal body cues and sensations)	Feeling too hot	
	Dehydration	
	Feeling hungry	
	Pain sensations	
	Feeling too cold	
	Full or empty stomach or bladder	