









Sensory Processing and Anxiety Workshop Handout

5th July 2018

Our eight sensory systems are:

-  Sight (Visual)
-  Taste (Gustatory)
-  Smell (Olfactory)
-  Hearing (Auditory)
-  Touch (Tactile)
-  Where our limbs are in space (Proprioception)
-  Balance (Vestibular)
-  Information from our internal environment (Interoception)



The sensory systems can cause anxiety and they can help to reduce and manage it.



Remember other things can cause anxiety so explore other possibilities and ask for help.



Anxiety is normal, it protect us. It becomes a problem when it starts to impact on our daily functioning in school or work or relationships or being able to do what we like when we want to



Remember to acknowledge anxiety , don't dismiss it or minimise it.

What can I do?

- Think 'what is my child like with touch and sound and movement?' If you have concerns about their sensory processing seek help for an assessment. You need an Occupational Therapist with post graduate training in Sensory Integration and it may help to talk to the therapist about their experince of working with children with anxiety.

What could help?

- Breathing activities
- Movement
- Listening to music / white noise / no sound
- Black out tent
- Yoga poses
- Chewing

Further resources:

Sensory Integration Network – further information and training for parents

www.sensoryintegration.org.uk

Royal College of Occupational Therapists (information about OT and they have a register of independent OT's)

www.rcot.co.uk



Books:

Sensory Integration and the Child

25th Anniversary Edition by A. Jean Ayres



Sensory Integration Theory and Practice

Anita Bundy, Shelly Lane, Elizabeth Murray

*Of note, this is a heavy read but if you are interested in Sensory Integration in detail and the neurology behind SI, this book goes into a lot of detail.

Raising a Sensory Smart Child

Lindsey Biel and Nancy Peske

The Zones of Regulation

Leah Kuypers

SMILY (Sensory Motor Integration and Learning with Yoga)

April Merrilee

The Out of Sync Child Has Fun

Carol Stock Kranowitz

Sensational Kids

Lucy Jane Miller

Interoception The Eight Sensory System

Kelly Mahler

Too Loud, Too Bright, Too Fast, Too Tight

Sharon Heller