



Physical and Sensorimotor Problems

Physical and sensorimotor (nerve) problems can include pain, blurry vision, difficulty hearing, sensitivity to loud noise, and/or pain when looking at bright lights. In day-to-day life you may feel dizzy, have headaches, and you may not be able to stay focused. These are all things that can happen when your brain is full. These problems can also affect your mood and how you perform, making you feel sad or frustrated. Using and practicing the following suggestions can be helpful:

1. Notice what makes you feel better and worse by keeping a journal of your daily activity, eating habits, drug or alcohol use, and sleep. Notice what your body does when you are becoming distressed (e.g. clenching fist, clenching jaw, tapping foot). This will help you begin to tune into your needs and when you need to ask for breaks.
2. Try to avoid caffeine, alcohol, and tobacco. They can each make physical symptoms worse.
3. Meditation has been shown to help reduce pain and other sensitivities. Take one minute to notice five things that you can see, four things that you can feel, three things you can hear, two things you can smell, and one thing you can taste.
4. Physical activity directly benefits the brain and these symptoms. Get your body moving as much as possible (taking walks, working out, playing sports).
5. Speak up for yourself whenever you need help. Ask for breaks if you feel tired, ask to dim the lights if they are too bright, and ask to shut the doors if it is noisy.
6. In a classroom setting, sit toward the front of the room so you can see better.
7. Sleep is essential. You should look at and use the attached sleep checklist.