Sensorina.com



Normal **Nervous System**



Arousal



Arousal

Baseline





Adapts to normal environments, rises to normal challanges.



Will most likely fall right to sleep and wake in the morning refreshed.



Registers sensation, determines there is no threat, inhibits the sensation.

Nervous system returns to baseline.

Flickering



Common, non-irritating sensation that occurs throughout the day



If she doesn't get a break from sensation she will

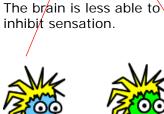
saturation point.



Often overwhelmed by the end of day. Although exhausted, may find sleep difficult.

Sensory **Defensive Nervous System**

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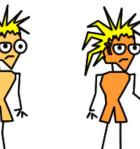


Sensory data may be

distorted and disorganized,







Continues to feel

bothered and

destracted.





reach





Baseline **Arousal** Mild Irritation

Stressed

Overloaded

Melt Down

Shutdown