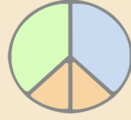


# Wisdom Projects

Peace, Healing, and Justice For All



## Understanding Stimming to Love and Care for Neurodivergent People

**Stimming** refers to a collection of oftentimes inadvertent or unintentionally self-soothing behaviors (meaning, actions that help one feel emotionally soothed) performed by neurodivergent people.

Neurodivergence refers to people whose brains function, learn, and process life differently from what is considered typical.

Most of the time, stimming poses no threat. In rare cases, healers and clinicians work with neurodivergent people to gradually redirect themselves away from behaviors that may harm themselves or others.

Here are some **stimming behaviors** that those who love and care for neurodivergent people can look out for so that you are understanding and accepting.

Not all people who do these behaviors are neurodivergent and not all of these behaviors are signs of neurodivergence. Trained healers and clinicians can help individuals sort through the complexity of understanding neurodivergence.

Repeating words and phrases.	Cracking knuckles of joints.	Organizing or rearranging objects.
Walking on tiptoes.	Twirling hair.	Playing repeatedly with jewelry.
Radically humming or mumbling.	Pacing or walking in circles.	Rubbing skin for seeming comfort.
Finger or hand flapping or clicking.	Radically body-rocking.	Radically spinning.
Radically staring in space.	Leg or foot tapping or shaking.	Radically stacking or sorting.
Radically repetitive blinking.	Head banging, hanging, or dragging.	Radical avoidance of eye contact.