

THE QUARANTINE IS OVER!

Now how we gonna get out?



I found this cartoon hysterical and I sent it to my family and closest friends. For me, it is so funny because it's so true! I'm sure I'm not the only one that has turned to food for self-regulation during this quarantine. As an OT, I look at this through a sensory lens and think about how eating meets our sensory needs. Crunching chewing and sucking all provide proprioceptive input to our nervous system. This input has a calming, organizing, alerting and centering effect. While you might instinctively want to reach for those crunchy Doritos and chewy Starbursts or Twizzlers, we can meet our sensory needs with healthier options.

- Crunchy: Carrots, Celery ,Popcorn, Rice cakes, Apples.
- Chewy: Dried fruit (mango, apricots ,raisins) Jerky, Gum
- Sucking: lollipop, Camelbak water bottle with straw, sports cap water bottle
- Alerting: Try sour and spicy foods like lemon, cinnamon or peppermint or Seltzer or sparkling water

We can also use our other sensory systems to self-regulate.

To learn more click link in bio for a list of alerting and calming sensory activities.