


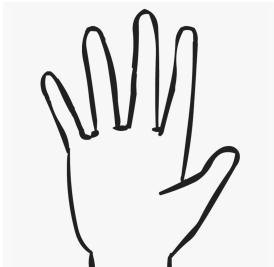



SENSORY PROFILE

People have different levels of tolerance to their senses. It is important to gain awareness of your sensitivities so you can be proactive in reducing how they affect you. For instance, if loud noises bother you, you can use noise-canceling headphones in loud places. Use this chart to indicate what bothers you, the most common places where sensory overload may happen, and how to handle it.

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