

# Finding Balance



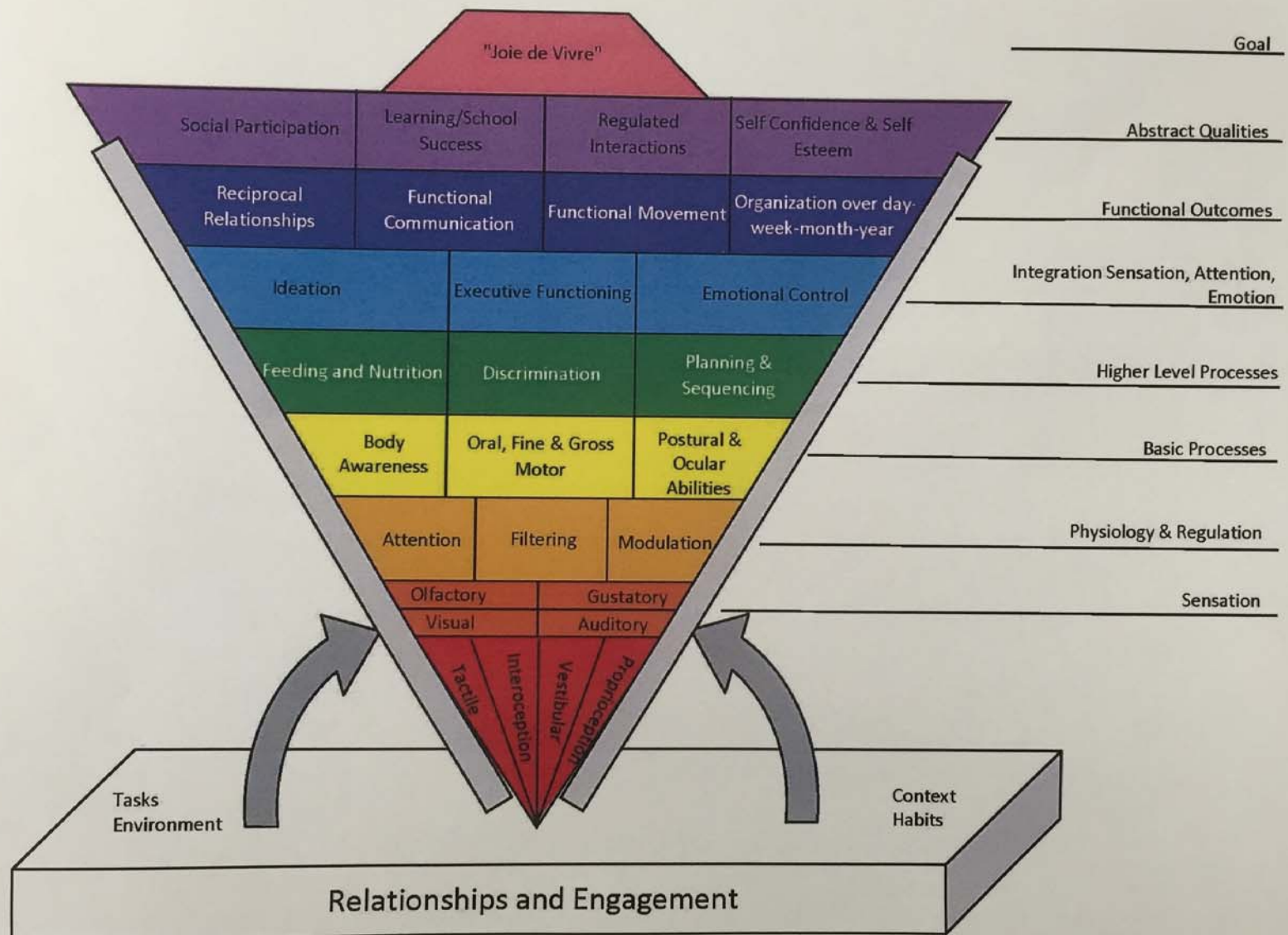
## Strategies for Sensory Regulation

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OT Kids Can

# Self-Regulation Definition

- Self-regulation is the ability to manage and monitor your emotions, thoughts, behaviors and energy states in ways that are acceptable.
- Produces positive results include: well-being, loving relationships and learning
- Requires self-awareness, emotional intelligence, efficient filtering of sensory stimulation, coping effectively with stress, relating well to others and sustaining focus.
- Involves the whole person– mental, emotional, physical & social
- It is how we deal stressors and lay the foundation for all other activities.

# Relation of Sensory Processing to Quality of Life



IV.A.1

# PROPRIOCEPTION

- **5 Senses** – visual, auditory, gustatory, tactile, olfactory
- **Proprioceptive input** is our unconscious awareness of sensations from joints, muscles and connective tissues that underlie body awareness.
- Input to the mouth through drinking out of a crazy straw or **eating chewy or crunchy foods** help with focus and organization.
- sends calming feedback to the brain.
- **Examples:** lifting, pushing, and pulling heavy objects, including one's own weight.

# Vestibular System

- **Vestibular System:** a collection of structures in your inner ear that detects gravity and helps control balance and eye movements.
- Contribute to the development of body scheme bilateral coordination, quality of movement, and motor planning/performance.
- Supports auditory processing and emotional regulation
- **Examples:** swinging, spinning, rocking, jumping and inversions

# **Basic concepts of behavior to consider before planning interventions:**

- All behavior occurs for a purpose
- Misbehavior is a mismatch between behavior and expectation
- Which one can we change?