

# Sensory Reset Card

*A first-response card for overload. Use it when the room, the lights, or the social demand suddenly feel too loud.*

Use this when the room, the lights, the people, or your own skin suddenly feel too loud. The goal is not to power through. The goal is to reduce enough input that your brain can come back online.

## How to use it

- Name the strongest input first.
  - Reduce one thing before choosing the next task.
  - If the answer is "leave the room," that counts as a skillful move.
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## What is loud right now?

- Sound
- Light
- Touch or clothing
- Smell
- Motion or people
- Social demand

## Reduce one input

- Headphones or earplugs
- Dim light or close eyes
- Remove the scratchy layer
- Step outside
- Ask for less talking
- Move to a smaller room

## Add one anchor

- Cold water
- Pressure, blanket, or hoodie
- One steady song
- Hand on table
- Slow exhale
- Eyes closed for one minute

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## Next smallest safe move

- [ ] Rest here
- [ ] Send one message
- [ ] Finish one tiny action
- [ ] Leave and recover