

Advice and things to try for Teenagers and Young adults, managing your own sensory processing regulation

Scan the QR code to watch our videos on the Let's Make Sense Together Webpage as you may find them helpful. Below you will find some advice that we find best fits a young adult's needs.



- Keep a record of things you try, Are they helpful or not? How many reps of an exercise did you do last time? Can you do more this now? What alerts you? What calms you?
- Make a sensory box of things that help you calm and regulate. You can use this when you feel overwhelmed. Things like pictures of your favourite people or pets, scented sprays or shower steamers/bath bombs, chewing gum or sour sweets/fidget tools/eye or face mask are all good ideas of things to include.
- Find ways to get movement into your day. Go for a walk, just getting out in the fresh air can help you refocus and regulate.
- Find a new activity such as swimming, bouldering, attending the gym or martial arts.

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- Resistance training at home or in the gym is a good way to get extra movement and proprioception into your day. Rowing machines, treadmills, free weights and weight machines are all good equipment to use. Ask advice from a gym instructor about the weight you should use and always warm up and cool down/stretch before and afterwards.
- Use Theraband or weights to give yourself some proprioceptive input. Using some gym type equipment can help but make sure you have been shown how to use this safely first.
- Try relaxation, mindfulness or breathing techniques. – please see links in our resources section, there are many option also on YouTube
- Helping around the house might not be your first choice of activity but chores such as mopping the floor, cleaning the windows, taking washing out of the machine, vacuuming give lots of regulating sensory input.
- Chew chewing gum or use healthy crunchy/chewy snacks.
- Sucking on sour Sour/minty sweets can help to distract and refocus you on something else.
- Use lavender spray/audio books/music/ heavier duvets and soft blankets to help relax you for sleep.
- Use an exercise ball or wobble cushion to sit on to do your homework.

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- Use theraband around the front 2 legs of your chair to bounce/press your feet against.
- Have a cold shower or warm bath. Cold is usually alerting, warm is usually calming.
- If you have space create a little area in your bedroom that's calming and where you have access to some sensory activities.
- Try wearing Lycra/tighter sports layers under your clothing.
- Baking and cooking can be relaxing and rolling and mixing gives a lot of calming sensory input to your body.
- Try a vibrating massager or massage roller on your arms and legs.
- There are loads of different fidget tools around, ones that fit on your pen that you can chew, squeeze stress balls, bracelets/rings/necklaces that you can chew or fidget with. Try and think about what helps, using your hands or mouth, and then try a couple of different options first to see which you like.

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- Press ups, chair press ups or wall presses (make sure feet are flat on the ground and movement is coming from bending elbows) regularly through the day e.g. before school, lunch time, after school



- Prayer pushes – pushing hands firmly together to increase pressure and awareness of arms and hands



- Completing a Pilates plank either on the floor or over a gym ball as shown



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