

WORLD OF SENSES

Aspi Photography.
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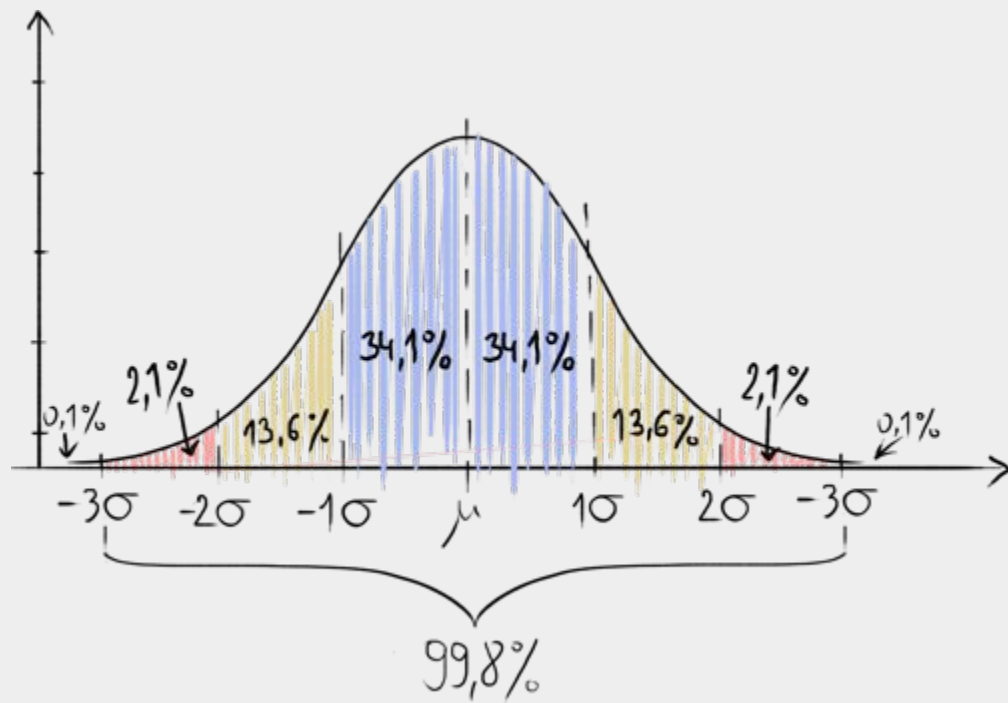
OUR SENSES

- sight
- hearing
- smell
- touch = surface sensation
- taste
- vestibular system = balance
- proprioception = body awareness
- pain receptors
- thermoreceptors

- *what is the taste of the texture of the high C sound*

SYNESTHESIA

0123456789



HYPERSENSITIVITIES ARE USUALLY EASY TO SPOT

Pay attention to:

- *avoiding certain situations*
- *certain sounds*
- *certain textures (including: belts, elastic bands, tags)*
- *certain behaviors*
- *certain smells*
- *certain places and people*

- sometimes hypersensitivity can manifest as a fascination with certain phenomena, to the point of "turning off" in their presence
- hypersensitivity to a particular stimulus may, or may not mean hypersensitivity to a similar stimulus

Hypersensitivity is not "fancy" or "rude"

if ignored, they quickly escalate into physical pain

which leads to a defensive reaction (fight or flight).

to the strict avoidance of certain situations.

phobias

anxiety disorders

HYPOSENSITIVITIES

can affect all the senses

"stimulus seeking"

or not feeling a stimulus

can be confused with self-aggression (scratching, cutting, hitting, scrubbing)

are much worse than hypersensitivities from a protection and health point of view

- *CAUTION! Undersensitivity can lead to injury - cuts, burns, hypothermia!*
- *CAUTION! Undersensitivity can lead to masking of symptoms of diseases and injuries!*
- *to such extremes as broken bones, teeth, inflammation and even worse!*
- *CAUTION! hypersensitivities can also lead to forgetting to eat and even worse to drink!*

THAT PAINFUL BRIGHT LIGHT







WHY YOU NEED POLARIZATION?



WITHOUT POLARIZED



WITH POLARIZED



WITHOUT POLARIZED



WITH POLARIZED



SO MUCH NOISE....







PASSIVE PROTECTION





ANC/ACTIVE PROTECTION



HI-FI HEADPHONES

*Open - for
music in quiet
space only*



CLOSED ONES



CLOSED WITH ANC



LABELS...



WEIGHTED BLANKETS ARE AWESOME

*Just remember to
choose one proper to
your age, height and
weight*





:-p

UNDER SUPERVISION OF THE SPORTS TRAINER ONLY

**THIS IS NOT
FOR KIDS**



Sometimes one need some armor







*Sometimes one just needs to
move a lot*











WE NEED TO ADJUST IT SOMEHOW

- regulatory (a.k.a. stimulatory, self-stimulatory, stims) behaviors are extremely important in the lives of people on the spectrum
- They are designed to regulate the nervous system itself.
- their enforced restriction leads to nervous tension and many other problems



- a definite *NO!* to all forced masking
- "extinguishing autistic autostimulation" is a textbook example of violence, not any "therapy"

Thank you for participation

:)

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