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## SIDES TO SENSORY PROCESSING DISORDER YOU NEVER KNEW EXISTED

### **Hyper-sensitive** Way too much

Wow! The sun is super bright, too bright to really focus on what's nearby... which gets a little awkward when you accidentally run into a mailbox on the sidewalk. Whoops!

You may also have trouble keeping your balance due to your overly-sensitive vestibular and proprioceptive systems, which could be telling you that you're moving a LOT, when really you're only moving a little. You might feel really unsteady, and want to hold onto something to support yourself.

Okay, now you're completely overwhelmed by how loudly the birds are singing; in fact it's really too loud to focus on anyone who may be trying to talk to you... and the scent of those roses is insanely strong. Yikes!

You might also feel acutely uncomfortable under that hot, bright sun, wearing an increasingly sticky shirt with an unbearably itchy tag. You just can't get comfortable and can't really focus on anything because everything is so overwhelming.

### **Hypo-sensitive** Not enough

Well, you probably don't notice the brightness of the sun... which can be a big problem, because apparently you're supposed to squint or blink often to protect your eyes from its harmful rays. You also may not notice other people/obstacles in your path... and you can probably guess how that goes. Another wipe-out at the mailbox.

Your vestibular and proprioceptive systems might be a little under-fed... and this might lead your body to seek excessive help any way it can. You might find yourself running or crashing into things, even on purpose to get the input your body needs.

And then you may not notice the birds singing, but you also may not hear the ice cream truck (HUGE bummer), or your mom calling you home for homework.

You may not really feel the temperature of the summer day, and you might be running around town in a parka and boots, sweating profusely, which is pretty bad... but even worse is in the winter when you don't notice the cold, and go around in short sleeves and flip flops in 30-degree weather.