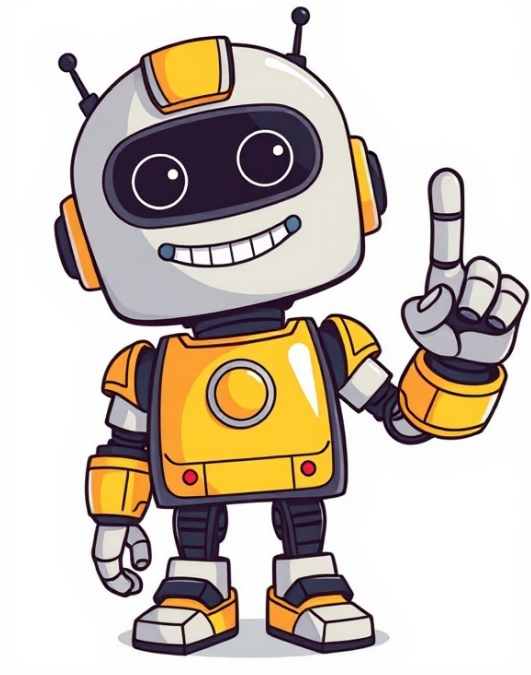


I'm not a bot



I'm finishing my last semester of college for landscaping and have a 6 hour landscape construction class once a week. I'm REALLY struggling to the point where I'm anxious if I'll be able to make it through this semester and actually graduate. Our class uses power tools, all in a small, indoor (but ventilated) space. I have to use power tools in order to meet the outcomes. The noise, smell, sun shining through the plastic (it's like a plastic cover greenhouse), vibration from the power tools, and just doing something I really don't like is all really triggering for me and has so far caused lots of body-pain flareups, meltdowns, shutdowns, burn-out, anxiety attacks, and a huge sense of dread and fear. I use industry-standard ear protection and try to take breaks (but also am anxious about letting my team down) and it seems to barely help. I can deal with the small sensory things that come up daily with my noise-cancelling headphones and taking breaks, but this is just too much. Honestly, I'm considering smoking cigarettes again because nothing has ever helped me as much as cigarettes and I was able to stop easily/wasn't very addicted anyway, but my partner thinks cigarettes are disgusting (which is fair) so does anyone have other suggestions? What's in your toolkit? Hi all, my 6 year old daughter just started her first combo class followed by a tumbling class. She is required to wear convertible tights & a leo. I highly suspect that she has adhd (as does her momma) but at the very least, she has a very serious sensory processing disorder. So far she loves her classes but getting ready each week is an absolute nightmare. When she gets dressed, everything hurts. She adjusts to the leo pretty well but its the tights. I believe its part the line/seam that goes over the butt area & the way they feel when her thighs touch. She totally shuts down & then yanks at them & pulls them & stands around lifting her leg out in some weird position. Then I get stressed because shes rolling around getting pet hair on them or that shes going to rip them-which she has already done. I have serious sensory issues myself so the whining & repetitive sounds cause me to meltdown too. Its just horrible. To the point where its almost not worth continuing with the classes. I spent hours trying to find a sensory friendly convertible tight or something that is a different material but the only thing I can find are tights that are seamless on the toes. Surprisingly, thats not our issue. I thought maybe a full body leo but those are a little costly considering that they are made out of the same material as the normal tights & she snags them. I dont have a problem with spending more on something that is going to last though. Her teacher is very type A & even if she wasnt, the tights are going to be needed for recitals so Id like to come up with a solution. I know underwear arent typically worn under the tights but I thought that might help however we battle over underwear every day before school & she typically doesnt wear them. Anybody have any suggestions or recommendations? I also was wondering if there is a difference between the tights that boys wear for dance? If the material is thicker, I was thinking about trying them, but again, way more expensive if its something she can snag. Thanks so much!! Go to toddlers My 2.5 y/o son's sensory-seeking behavior has been WILD lately. It is CONSTANT: high-pitched squealing/screaming is the background to whatever he is doing, opening and slamming cabinets, jumping on top of or over everything, kicking and hitting things including us and the dog (not very hard yet, thankfully, but it's still not ok especially the dog). Most of the time he isn't malicious about it but he just has this constant need to move and touch absolutley anything and everything that grabs his attention. No amount of correction or redirection is working. He just goes and goes and goes until he starts getting over-tired, before his usual naptimes or bedtime. He usually wakes up between 5 and 5:30 and we have an 8-week-old baby so I am compley exhausted. It's FUCKING RELENTLESS and I am losing my shit. I've yelled at him once already and after he was kicking me on the couch I dragged his leg over away from me and with the way he rolled at the same time he fell off the couch (not hurt but I feel terrible). This was before 9:30am. What do we do? How much longer will this last? Would eliminating TV help? Edit: thank you everyone for the solidarity and the awesome suggestions! I feel a lot less alone and I have a lot of good ideas now. Go to AutisticAdults r/AutisticAdults My current issue is with sounds. Last Wednesday I abruptly lost the ability to tolerate most music and my sound sensitivity is at a level I haven't had since elementary school. The sounds are just as bad in my home due to the apartment complex mowing and leaf blowing almost every day and my upstairs neighbors constantly walking loudly, I can't wear earplugs because the pressure in my ears and the loud sound of my own breathing become unbearable within seconds. I have the \$30 Loop ones and I don't think I have ever lasted 5 minutes with them in. I can't wear the earmuff things or noise cancelling headphones because having something press on my head like that quickly gives me a headache (and in the case of the headphones the masking tones are audible and really hurt). I also feel anxious when I can't hear what's going on because of trauma. My parents and other people get angry at me when I ask for help and I tell them I have already tried everything they suggest. I can't afford to keep buying more and more brands of things to try when the 3rd one doesn't work. I realized recently that I've been in a chronic state of dissociation (derealization) since I was a teenager, possibly earlier. The reason I've become more able to tolerate sensory things as an adult is because of this. A lot of coping skills for anxiety and trauma involve "being in your body" or grounding. This sounds like it would be incredibly horrible. I don't think any amount of stimming or positive sensory experiences could cancel out all of the horrible textures and sounds that exist in my daily life, not to mention the other senses. I get kind of discouraged when everything I see about healing from trauma is about being present or feeling safe in the moment/in your body. I feel like that is literally never going to happen for me even if I could control every aspect of my environment. I feel like everything I see suggested for sensory issues is to avoid it somehow (like do grocery pickup instead of going to the store) or mitigate it (like sunglasses or earplugs). I avoid what I can but not everything is avoidable. For me the only mitigation strategy that really works is sunglasses. For most things the thing that is supposed to help introduces a bad texture/etc that ends up making it worse overall. Is there anything that actually helps with sensory issues? I've read somewhere exposure therapy doesn't work on autistic sensory issues and I'd think the only thing that'd do is at best cause more dissociation. The only other things I've seen suggested that I can remember right now are obvious BS like essential oils. Does anyone know of anything that ACTUALLY helps outside avoidance and mitigation? My daughter has a friend who is a lazy student with poor grades, no study habits and has an attendance and tardiness problem. His father pushed him to become an eagle scout, spent thousands on SAT prep only for him to achieve a 980 and has ghost written all of his college applications and essays. The kid brags about his recent acceptance letters and puts down my daughter for completing her applications on her own. He has also received sizable scholarships which make no sense unless his parents lied about their income as well. I am really angered by this fraudulent behavior and sick of this kid criticizing my daughter. If the schools only knew he didn't write his own essays, submit his own applications and bribed teachers with gifts for his referrals, they wouldn't have accepted this total slacker. Go to autism r/autism Ting VitSuomiDanskPolskiRomnFilipinoMagyar Disclaimer: not diagnosed yet. Waiting for an appointment. Unknown waiting times. I read other people's posts and comments about experiencing sensory overload. But I don't think I can relate. Been to concerts without issue, been to the cinema yesterday and it was more the crowd that made me feel uncomfortable rather than the movie sounds. I react to strong smells and loud sounds, but who does not So I suppose the question is. Any diagnosed autistic people that also don't experience sensory overload? Hi! I think I may be autistic and am hoping to hear from people about their personal experiences. Much of what I've read about autism seems to describe a few common sensory sensitivities or sensory sensitivities in very general terms (e.g. lights, sounds) and I'm unsure about whether my experiences with sensory sensitivities fit. I was wondering if anyone had some specific sensory sensitivity experiences that they could share? For example, I've read about how certain textures and fabrics feel bad to some autistic individuals and I was unsure if my experiences fit, but then I saw a Twitter thread where several autistic individuals were discussing how they all wore sports bras because 'normal'/wire bras felt bad to them sensory-wise in a way they couldn't explain and I was like !!! that's me!!! (I can't for the life of me seem to find the thread again). Do y'all all have any examples of specific sensory sensitivity experiences like this you'd be willing to share? I hope that makes sense, thanks so much in advance!!! Go to autism r/autism FranaisMagyarBahasa MelayuDanskEspaol (Espaa)SvenskaFilipino My entire life I havnt been the type to avoid touch (unless I'm extremely overwhelmed) and I often go after things like bolder smells or strong visuals. I love wearing really soft fabrics and I always listen to my music at close to full volume. My friends have said that it's because I'm a sensory seeking autistic, but I've also never heard anyone else in the community use that term before so I have no clue. This is another reason why i hate being undiagnosed. What's the community's opinion on this? (Also I'm sorry for probably explaining things poorly lol) AMC Theaters does special showings that they advertise as sensory or autism friendly, where the lights arent as dark and the sound is not as loud. They have such a showing this weekend for the Taylor Swift concert movie, and my 4 year old is a big fan. But hes sensitive to loud noise and has never been to a theater before. Worried about dropping \$60 on tix and having to leave immediately because hes overwhelmed. Wife and I saw the concert movie right when it came out and it was LOUD, but was obviously a regular showing and not the autism friendly showing. Has anyone been to one of these shows (bonus points if it was the Taylor movie) and can advise what the experience was like? Page 2 Los cines AMC hacen funciones especiales que anuncian como sensoriales o amigables para el autismo, donde las luces no estn tan apagadas y el sonido no es tan alto. Tienen una funcin as este fin de semana para la pelcula del concierto de Taylor Swift, y mi hijo de 4 aos es un gran fan. Pero es sensible al ruido fuerte y nunca ha ido a un cine antes. Me preocupa gastar \$60 en entradas y tener que irnos inmediatamente porque se sienta abrumado. Mi esposa y yo vimos la pelcula del concierto cuando salí y estaba MUY alta, pero obviamente era una funcin regular y no una funcin amigable para el autismo. Alguien ha ido a una de estas funciones (puntos extra si fue la película de Taylor) y puede decir cmo fue la experiencia? Go to autism r/autism I'm not picky, but my favorites are acupressure and toys that can fit in your hand/pocket. But I'm also looking for variety, so don't be afraid to recommend any sensory or fidget toys Page 2 Go to autism r/autism No soy exigente, pero mis favoritos son la acupresin y los juguetes que caben en la mano/bolsillo. Pero también busco variedad, as que no tengas miedo de recomendar cualquier juguete sensorial o fidget.

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