

Shutdown 'disconnected brain'
(eg dissociated/unreal/dream-like/catatonic)
freeze

BEWARE You can alert into shutdown. Eg self harming

Over Alert

'primitive reptile brain'

Protective, but can also be defensive/reflexive (eg angry/aggressive/irritable but also extreme effort/energy if needed) fright – fight or flight

Deep pressure, proprioceptive activities, slow soothing sounds These can calm. Some self harm like head banging can happen here.

Calm and Alert

'cerebral cortex human brain' drives optimal functioning Mindfulness

This space enables and promotes:

- learning
- · remembering
- make good decisions 'clear' thinking

ht Touch eg scratching

Under Alert

(low/bored/disinterested)

Light Touch eg scratching
Strong smells and flavours eg citrus
Coffee and other stimulants
'Happy' get up and go music
Tickle/itch/pain
Fast spinning movement
These can all be alerting input.

Sleep States

Reticular Activating System is a key regulator/waker - like a sensory scanning background for NB info

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Breathnach, E; 2000 - Teaching on Sensory Modulation Smith, K and Turner, A; 2002 – Sensory Levels

Sensory Ladder Levels of Arousal