

My Sensory Needs at Work

Sensory needs can affect concentration, communication, fatigue and regulation. Use this page to identify patterns and practical workplace options.

Sound

What sounds distract, hurt or overwhelm me? What helps—quiet desk, ear protection, fewer interruptions, predictable alerts? _____

Light and vision

Fluorescent light, glare, screens, movement or visual clutter? Helpful changes: _____

Touch and clothing

Uniforms, PPE, chair texture, temperature or physical contact? _____

Smell and taste

Food areas, perfume, cleaning products or other smells? _____

Movement and body

Do I need to stand, pace, stretch, change position or use a fidget? _____

Overload signs

How do I know sensory load is becoming too high? _____

My top three adjustments

1. _____ 2. _____ 3. _____