**WRITING THE SENSEPLANNER SENSORY PROFILE**

**Cover areas like the following:**

* Identify specific sensory preferences and aversions across modalities (tactile, auditory, visual, olfactory).
* Note sensitivities or insensitivities and their impact on daily experiences.
* Describe the individual’s sensory thresholds (low, typical, high) and their behavioral implications.
* Include examples of reactions to stimuli and any coping or avoidance strategies used.
* Assess how sensory processing affects daily activities and social interactions.
* Highlight preferred and overwhelming environments and their influence on comfort and functioning.
* Emphasize the need for tailored interventions and support strategies.

**If the client is more at risk of sensory overload than typical, include the following text:**

Sensory overload occurs when an individual is exposed to more sensory input than they can process, leading to feelings of overwhelm, anxiety, and distress. This condition can trigger the body's fight, flight, or freeze response, as the brain perceives the excess stimuli as a threat. These reactions stem from the body's instinctual need to protect itself from perceived threats, making it crucial to identify and manage sensory overload in daily life.