

THIS IS SENSORY HEALTH

Taking the Stigma Out of Sensory Differences

@thestarinstitute

What is Sensory Health?

Your brain and body process sensation all the time every day. From the moment your life began your nervous system has been registering and coding every sensory event inside and outside your body.

Every time your brain and body registers a sensation, they have to put it in order of importance and interpret its properties. In other terms, your brain and body must figure out is this hot or cold, big or small, dangerous or safe, etc.

When our responses are mostly proportionate, adaptive, and functional we are experiencing **sensory health**.

LOTS OF DIFFERENT SENSORY DATA IS COMING AT US, ALL AT ONCE, ALL THE TIME.



**WOW!
WE ARE
DEALING
WITH SO
MUCH ALL
THE TIME.**

SOMETHING HAPPENS →

I sense it in lots of different ways →
I integrate that information to
construct *my big picture* →
I interpret the information →
I create a plan for my response-action.

Integrating these different streams of sensory data is how we learn about ourselves, others, and our environment. It's how we construct our reality.

Every living thing processes sensation, even animals and plants.

We all sense gravity, even plants - it's called gravitropism!

Processing sensation gives life meaning. Our ability to make sense of sensation keeps us alive and connects us to others. It supports our ability to be creative and productive.

Sensory health is *more* than the absence of disorder.

It is the highest attainable state of neurosensory well-being.

