



mainewell bliss

SENSORY SENSITIVITY

April is Autism Awareness month, so let's explore how we can embrace sensory sensitivity and the valuable insights it offers. As April unfolds, I'm reminded of the Significance Autism Awareness month holds for me personally. This month, my nephew Aiden, turns 20. His journey with autism has illuminated the importance of understanding and embracing sensory sensitivity, not just in our personal lives but also in our professional spaces. Sensory Sensitivity is a key aspect of autism, but it can affect individuals beyond those on the autism spectrum, particularly in the workplace. For some employees, certain sensory stimuli like bright lights, strong smells, or loud noises can be overwhelming and distracting. Providing options such as low lighting (try turning your back office lights off during huddles), quiet areas for a break, fidget toys, noise cancelling headphones (maybe just for back office!), can help manage sensory overload and minimize stress in the workplace.

Enclosed in your mailer:

Sensory Strips: These are stickers! Place them where you often touch or rest your hands. My Front Desk LOVES these! They help redirect nervous energy, and help promote focus.

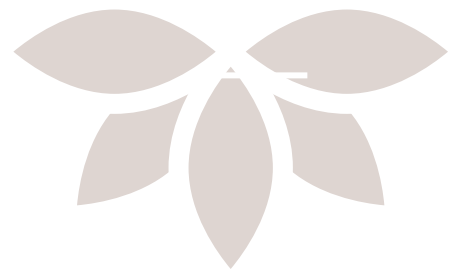
Fidget Toys: I think we all have seen or purchased these for our grandchildren and kids. Another fan favorite among my desk staff.

Huddle Cards: Use these for a standup huddle with your staff. Not sensory related but still ~~fun!~~

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"Life is 10% what happens to us
and 90% how we react to it"

