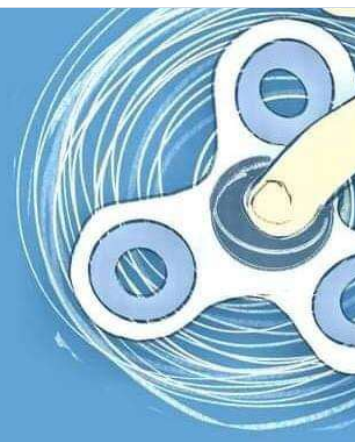
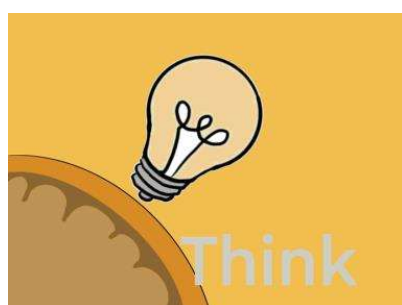


Stimming

Stimming means making a repetitive movement, sound or action. Things like flapping our hands, repeating a favourite song lyric or TV quote, handling a special object, or imagining a significant sequence of numbers in our head repeatedly. Stimming can help with concentration, relaxation, sensory regulation, communication, and processing emotions and information. Stimming can help us to feel safe.



Some stimming is obvious, like hand flapping or listening to a repetitive noise. If someone is stimming in their head, they may seem to be in a world of their own. Most stims are not harmful but they may include potentially dangerous actions like head banging or skin picking.



The person may need to stim in order to process information or regulate their senses. Perhaps they need to block out painful stimuli or create a feeling of being embodied and safe. Maybe they are expressing joy or stimming for pleasure.



Trust that the person is doing their best to regulate themselves and cope with the situation they are in. Consider stimming from the person's sensory or emotional perspective – they may be doing something that is meaningful and pleasurable for them. If necessary, reduce sources of sensory distress in the environment and find a way to accept and validate the person's need to stim.