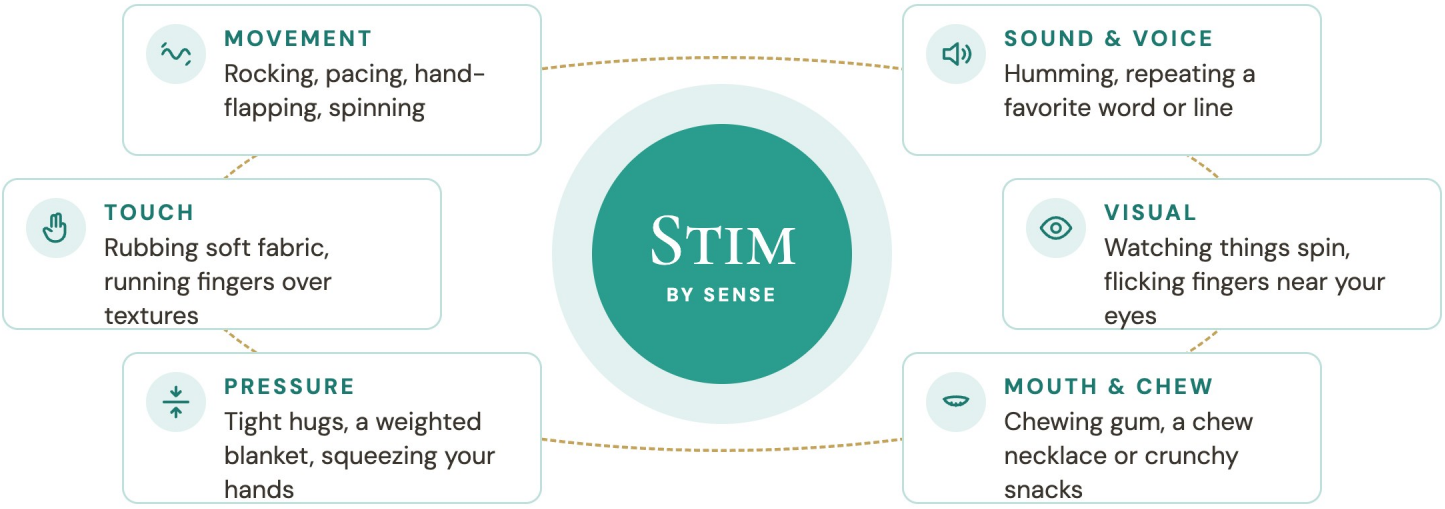
Stimming, *explained.*

Stimming is self-stimulatory movement or sound that helps you regulate. Everyone stims some — a tapping pen, a bouncing knee. Many neurodivergent people stim more, and often it's essential.

WHAT STIMS CAN LOOK LIKE — *six ways a body can find the input it needs*



WHY WE STIM

Calm down
Rhythm helps a busy nervous system settle.

Focus
Moving can free your brain to listen.

Express joy
Excitement wants to move through you.

Block out overload
A steady input can mute too much noise.

Stim or harm?

Stims are healthy — let them happen. If a stim causes injury, that's a signal, not a failure. Talk with an occupational therapist or another professional you trust about a safer swap that gives the same kind of input.

SUPPORT STIMMING — *for yourself, or someone you love*

Do

Make space. Room to move, no explaining.

Offer tools. Fidgets, chews, soft textures.

Notice what it says. It can signal joy or stress.

Don't

Ask for "quiet hands." It takes a tool away.

Shame or tease. It teaches hiding.

Read it as rudeness. Often it means "I'm with you."

Continued on back: go deeper →

Go *deeper.*

Take these slowly — on your own, in session, or with someone you trust. There are no wrong answers, and it's fine to skip one.

1 *What are my go-to stims? Which senses do they use?*

2 *When did I learn to hide them — and who was I hiding them from?*

3 *What does each one help me with? Calm, focus, joy, shutting out noise?*

4 *Where do I feel safe to stim freely? What makes those places feel safe?*

5 *Is there a stim or a tool I'd like to try?*

TRY THIS WEEK *Let one stim happen on purpose, somewhere you usually hold it back. What changed?*