

# SENSORY SUPPORT PLAN

## FOR BETTER WORKPLACE WELLBEING

SENSORY STRATEGIES	TO SEEK	TO AVOID
<b>VISUAL</b>		
<b>SOUND</b>		
<b>TASTE</b>		
<b>TOUCH</b>		
<b>SMELL</b>		
<b>VESTIBULAR (Balance)</b>		
<b>PROPRIOCEPTION (Movement &amp; Deep Pressure)</b>		

