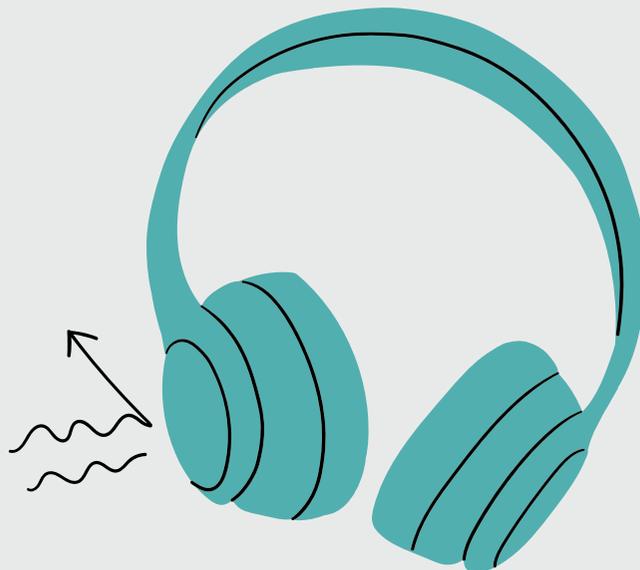


10 Helpful Tips for Neurodivergent People While waiting



Have a Sensory Toolkit

- Carry comfort items like noise-canceling headphones, fidget toys, essential oils, or weighted objects.
- These help soothe overstimulation and offer grounding sensory input.



Set Up Expectations in Advance

- If possible, ask for wait time estimates or check in advance (appointments, lines, delays).
- Knowing what to expect can help reduce anxiety and make the experience more predictable.



Use a Timer or Visual Countdown

- If you know how long the wait is, use a countdown timer on your phone or watch.
- This can provide a sense of control and structure during open-ended waits.



Engage in a Focused Activity

- Keep something engaging on hand: a puzzle app, a game, journaling, a podcast, or music.
- Activities with clear, defined edges (not doom-scrolling) can help keep your brain regulated.



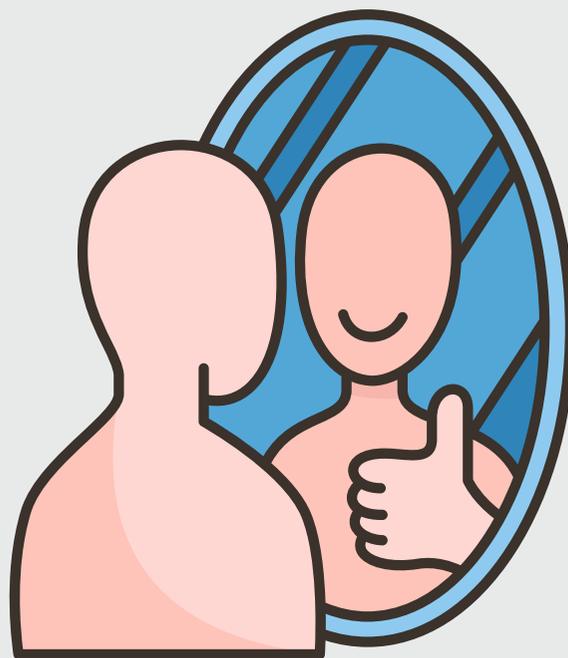
Practice Grounding Techniques

- Use 5-4-3-2-1: Name 5 things you see, 4 you can touch, 3 you hear, 2 you smell, and 1 you taste.
- Or simply focus on your breath and name what's around you without judgment.



Self-Talk + Reframing

- Self-Talk + Reframing
- Remind yourself: “I’m safe. This is temporary.”
- Reframe the wait as a pause or a mini rest rather than an inconvenience.



Have a Supportive Buddy (If Possible)

- If you're waiting in a stressful environment, having a trusted friend or loved one with you can make the experience feel safer and more manageable.



Use Movement

- If it's an option, pace a little, stretch, or wiggle your fingers and toes.
- Small, repetitive movements can help release nervous energy and regulate sensory overload.



Create a “Waiting Routine”

- Build familiar, calming rituals for when you wait :
- Ex: Take a sip of water → Open favorite app → Listen to 1 calming song → Deep breath.
- Routines add predictability and reduce panic.



Be Gentle With Yourself

- It's okay to feel uncomfortable, overwhelmed, or restless. These reactions are valid.
- You're not “overreacting”—your nervous system just processes differently.

