

# Stimming in Pubic

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Hannah Adira

Hello, my name is Hannah Adira. I am 23 years old, and a senior in college. I am autistic, and have bipolar. I also have general and social anxiety, PTSD, Dyslexia, dysgraphia, and ADHD. I am currently studying environmental science and creative writing. I am very big on advocacy, and routinely take part in training and meetings that address disability and services. My dream is to become an environmental advocate, and create a place that is safe for domestic violence survivors, those of minorities, and those with disabilities to be safe and get help.

## Presenter Bio



# What is stimming?

- According to the Oxford Dictionary stimming is:
  - “the repetitive performance of certain physical movements or vocalizations, as a form of behavior by persons with autism or other neurodevelopmental conditions; self-stimulation. This behavior is thought to serve a variety of functions, such as calming and expression of feelings.”
- Stimming is a calming activity or action that can be safe or unsafe.

What is stimming to you?

# What does stimming look like?

- Flapping, Jumping, Running
- Vocal, Words, Noises
- Compression, Contact, Touch
- And many more!

What do you do to stim?

How does it make you feel?



# Reactions of Others

- Whispering
- Outwardly speaking against stimming
- Touching without permission
- Looking disgusted or disappointed (The Look)
- Telling us that we are in trouble
- Telling us to sit still
- Happy that we are stimming



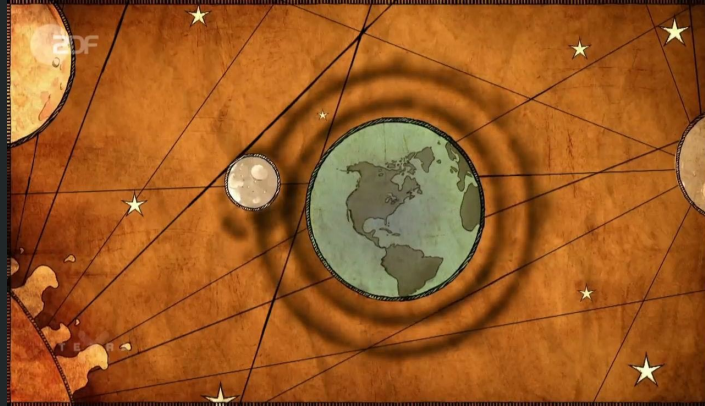
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# Environments

- School, Home, Store
- Different Rooms
- Outside vs. Inside
- Loud vs. Quiet
- Every situation and place is a different environment.



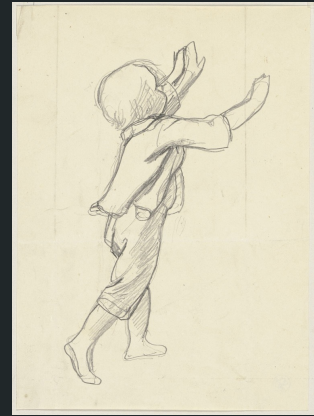
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What is your favorite environment?

What is your most disliked environment?

# Tools - Movements

- Jumping, Running, Spinning
- Flapping, Clapping, Wiggling
- Sounds, Words, Tapping
- You can combine as many or as little as you would like.
- Any movement that is calming can be a stim.



Jakob Becker, PDM-owner, via Wikimedia Commons

What is your favorite stim movement?

# Tools - Sensory

- Smell, Touch, Sounds
- Watching Something
- Holding Something
- Compression
- Taste

What is your favorite texture?





# Tools - Help

- Hugs
- Holding Hands
- Burrito Blankets
- Dancing
- Handing you sensory Tools



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What is your favorite stim to do with someone?

# Accommodations

- School, Work, Housing, Transportation, Government, and Communication
- Reminder: accommodations vary depending in the environment.
- Not all stimming can be done in all environments.
- The Americans with Disabilities Act (ADA) protects your rights to reasonable accommodations.

# Speak up

- Your Voice Matters!
- All Voices Matter!
- You can create change with your story.
- You can help others who are not being heard.
- Your words can be anything.



# Just do it

- Stimming despite what others think is important.
- Not stimming when you need it will hurt you.
- You can fight the misconceptions and stigmas.
- No more ableism!
- Builds Confidence
- Lowers Stress
- Releases Tension



# Prepare and Plan

- What do you need?
- What environments are you going to be in?
- How might you feel?
- What can you carry?
- What can you store away?
- How long will it be?
- What will the weather be?



# Access

What is the most important items to have available quick?

What is needed but can be searched for?

- The most important items need to be on the top.
- Over packing can be okay.
- If you need something you do not have find an alternative and pack it next time.

# Places to get Sensory tools

- Special Supplies

- [https://specialsupplies.com/sensory-toys?srsltid=AfmBOooTwyj\\_QrFuR5ASt7LwAF2AOj1ORzDC24o3vQHFbeP4Ptmt\\_Z-j](https://specialsupplies.com/sensory-toys?srsltid=AfmBOooTwyj_QrFuR5ASt7LwAF2AOj1ORzDC24o3vQHFbeP4Ptmt_Z-j)

- Autism Community Store

- <https://autismcommunitystore.com/collections/sensory-toys>

- Amazon and most stores that sell toys or nick nacks.

- Do not let others change you.
- Explore the what make you, you.
- Hold your boundaries.
- Explore your hobbies and interests.
- Find what makes you feel free and happy.

**Be You**

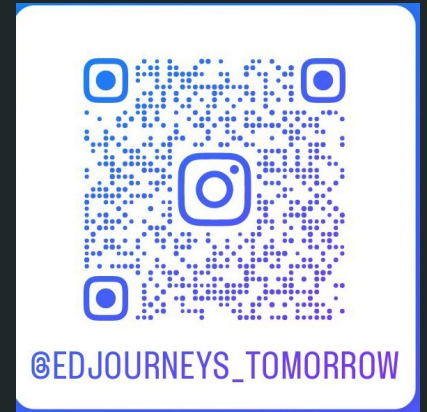




# Contact Info

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# Questions and Answers

Thank You

