Reduce one source of sensory demand

Purpose and choice: reduce one identified interruption or demand. Choose another action if a change is beyond your control, adds discomfort or removes information or awareness you need.

Steps

1. Identify one optional demand you can change safely: an optional notification, screen glare or unnecessary sound, for example.
2. Make one manageable change using what is already available, or ask for a change where appropriate.
3. Leave the setup alone and return to your task or rest. No timed trial or physical calm is required.

Adaptation: ask for a quieter moment or written information if you cannot change the setting yourself. Preserve essential alarms, communication and awareness of traffic and hazards. No special equipment is required. If asking or changing is too demanding, choose another practical response or no practice.

Stop: undo or leave a change that increases discomfort or compromises safety. Do not keep adjusting in search of a perfect environment. Breathing remains unchanged.

Help: call your local emergency service for severe breathing difficulty; a tight or heavy chest; sudden chest pain that persists, spreads to an arm, back, neck, jaw or stomach, or comes with sweating, nausea, light-headedness or breathlessness; unusually pale, blue or grey lips or skin; sudden confusion; or sudden facial drooping, arm weakness or speech difficulty, even if these stroke signs stop. Do not drive yourself or delay help for this card. These are examples, not a complete list. [13 to 15]

Sudden, unexpected breathing difficulty needs immediate medical help. Other new or worsening breathlessness needs urgent medical advice. Do not assume the practice explains symptoms. [13, 22]

If you cannot keep yourself safe, seek emergency help now. Chapter 10 gives fuller support guidance.

Check: was the burden reduced, and was the change comfortable enough? Include noticeable later effects if relevant. Immediate neutrality does not establish safety.

Keep if comfortable enough and useful. **Adapt** one detail only if wanted after ending the trial. **Pause** when uncertain, uninterested or out of capacity. **Stop** for discomfort, worsening or preference, with no obligation to retry.

Evidence and limits: an environmental action, not a validated vagus nerve treatment or an assurance of relief. Different sensory needs may conflict. Chapter 5 explains this family; Appendix G lists support guidance.