



## CHANGING HOW ALERT YOU FEEL



*All of us find our energy in different ways. What works best for you? These strategies are recommended by occupational therapists and might help you feel more alert and energetic as you go through your day.*

### 1. PUT SOMETHING IN YOUR MOUTH

- Eat hard candy (sugarless if you want)
- Eat crunchy food: pretzels, popcorn, nuts, apples
- Eat chewy food: gum (1 or more), raisins, bagels, chunks of cheese
- Eat sour food: pickles, sour candy
- Eat sweet food: fruit or candy
- Drink from a straw: use an "exercise bottle" to drink liquids such as a milkshake, a "slurpie" (partially thaw a frozen drink), or other drinks
- Try a combination of flavors such as trail mix (crunchy, chewy, sweet) or chips dipped into salsa (crunchy and spicy)
- Use green rubber tubing
- Take slow deep breaths

### 2. MOVE

(try moving before you need to concentrate- ex: writing a report)

- Do isometrics (firmly push arms on a wall or push hands together)
- Go for a walk and vary your pace - Slowly, then walk very quickly, repeat
- Run up and down steps
- Shake head quickly from side to side
- Roll neck slowly in circular motion
- Jump up and down or try to jump to touch a door frame
- Play sports - basketball, swimming, baseball, frisbee, etc.
- Do aerobics with a group or at home to music
- Dance around the room
- "Doodle" on paper
- Use a therapy ball to sit on

### 3. TOUCH

- Try holding and "fidgeting" with a Koosh Ball, paperclips, rubber bands, Playdough
- Rub gently or vigorously on your skin or clothing
- Take a cool shower or warm bath
- Wash your face with a cold or hot wash cloth
- Pet or play with an animal
- Lay on the floor or grass with arms and legs outstretched and feel the ground beneath you

### 4. LOOK

- Put bright lights on in room if you are in low speed
- Dim the lights if you are in high speed
- Clear off the table you are working on if it distracts you
- Watch fish in an aquarium
- Read a book or look at a magazine
- Lay in the grass and watch clouds float by
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### 5. LISTEN

- Listen to different types of music: classical music (even, slow beat), rock music (loud bass, uneven beat)
- Close your eyes and count all the different sounds you can hear
- Avoid loud, noisy places if you are in high speed or if it bothers you when you are trying to concentrate