

# Innovative Solutions for Anxiety



**With Yael Sunshine**  
Parent Coach ~Special Educator~ Yoga Teacher

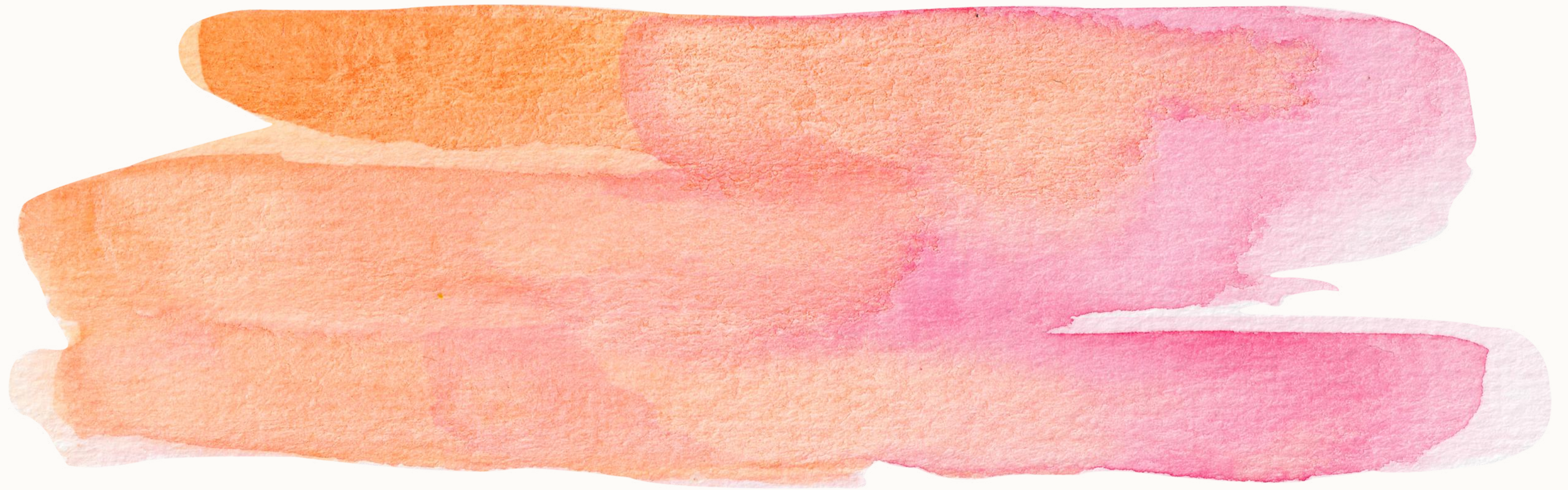
The # 1 Secret to Managing Anxiety;

*Embrace the body*

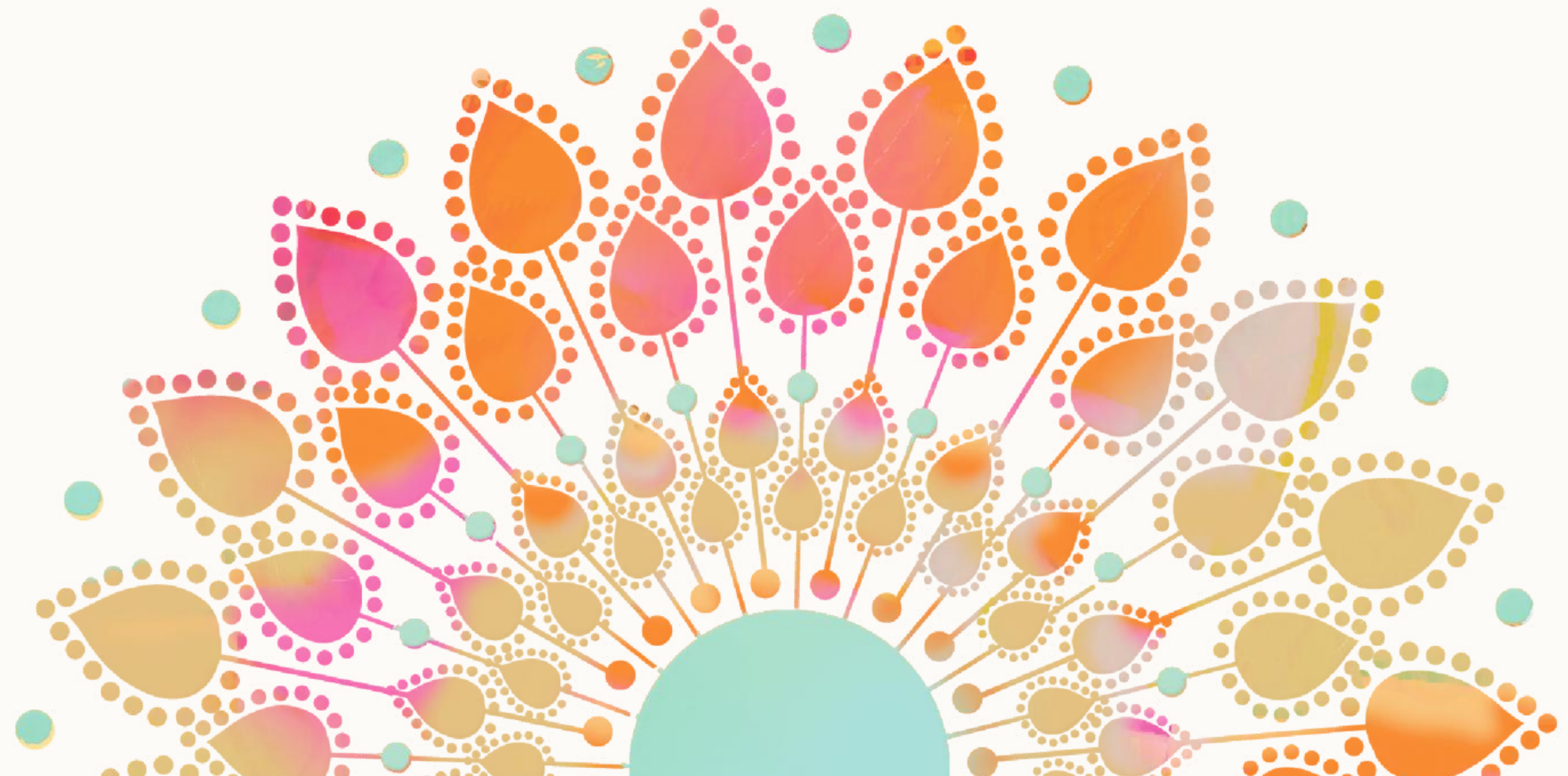


Move a Muscle

*Change a Thought*



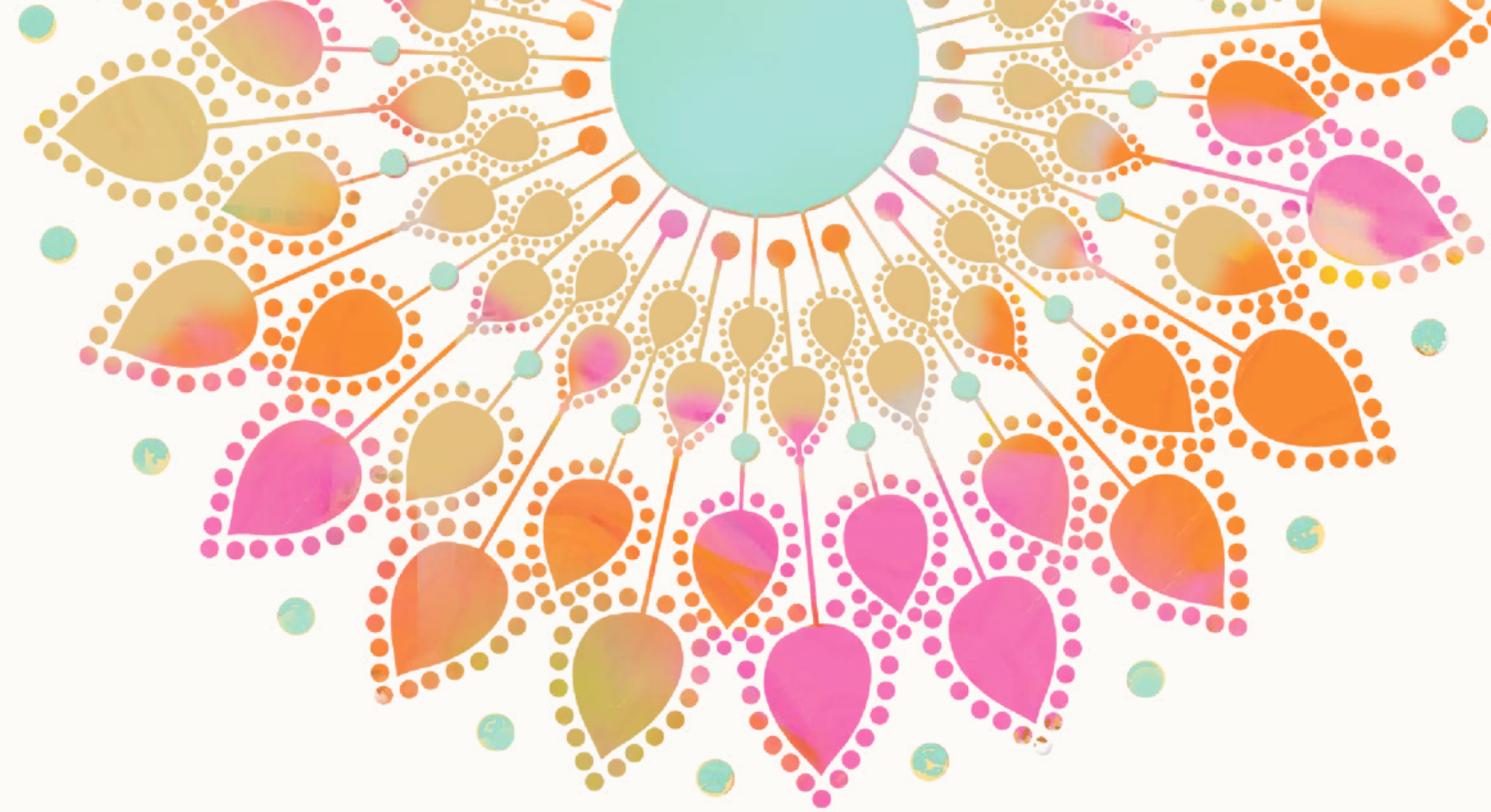
**Regulation of Sensory Processing:** Approximately **75-90%** of individuals with autism or ADHD have sensory processing differences (Ben-Sasson et al., 2009). **Sensory diets**, designed to provide structured sensory input, help regulate these differences, which can directly reduce feelings of overwhelm and anxiety.



# Improved Emotional Regulation:

Studies show that sensory-based interventions **reduce anxiety by up to 30-40%** in children and adults with sensory processing difficulties (Schaaf et al., 2014).





- In a study of occupational therapy interventions, **90%** of caregivers reported **improvements in daily routines and reduced meltdowns or emotional outbursts** after implementing sensory diets (Ashburner et al., 2008).
- **Sensory diets improve transitions**, such as moving from one task to another, which can be challenging for individuals with ADHD, reducing stress and resistance.

- **Vestibular and Proprioceptive Contributions:**

According to Ayres Sensory Integration® theory, developed by Dr. A. Jean Ayres (a pioneering occupational therapist and neuroscientist), **vestibular and proprioceptive input play critical roles in calming the nervous system and improving focus.** Activities that stimulate these systems can help regulate arousal levels, particularly in individuals with sensory processing challenges or ADHD. **The vestibular system affects balance and spatial orientation, while the proprioceptive system influences body awareness and movement control.**

- Key Study: Schaaf, R. C., & Nightlinger, K. M. (2007) examined sensory-based interventions in children and found that **engaging these systems improved self-regulation and reduced anxiety behaviors.**

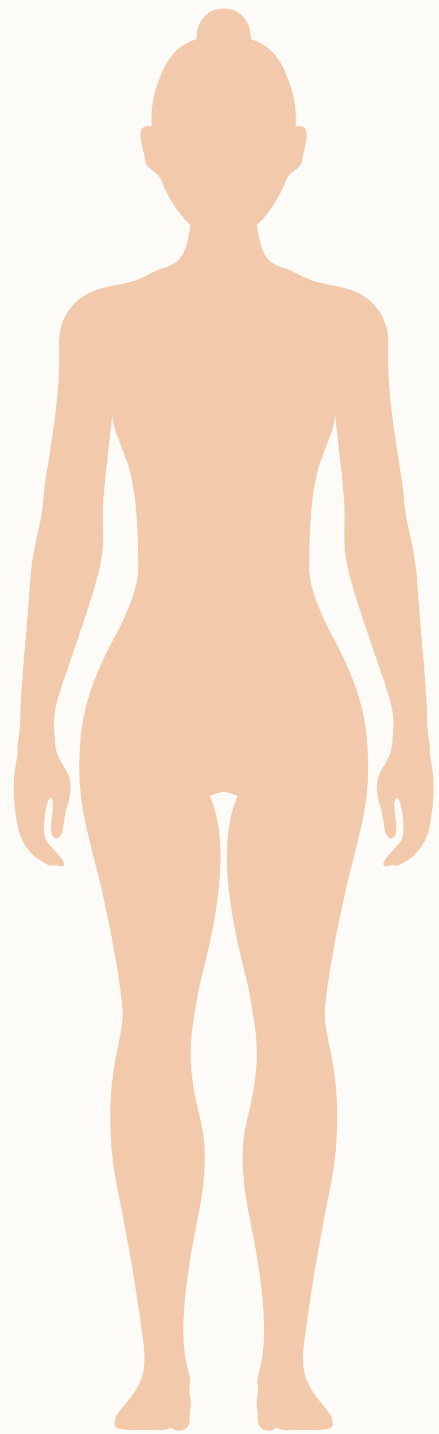


Find *Calm* with the Body:

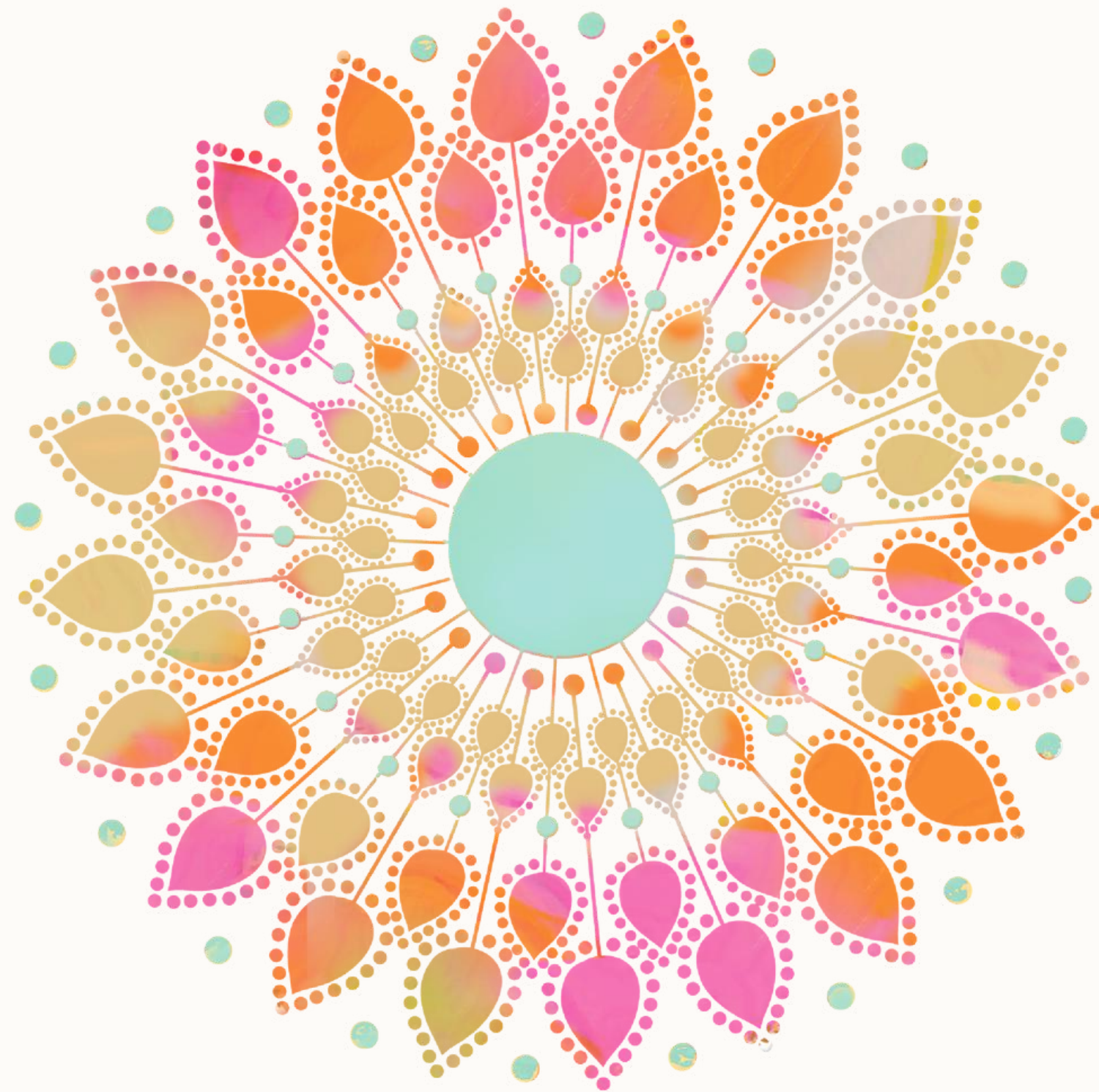
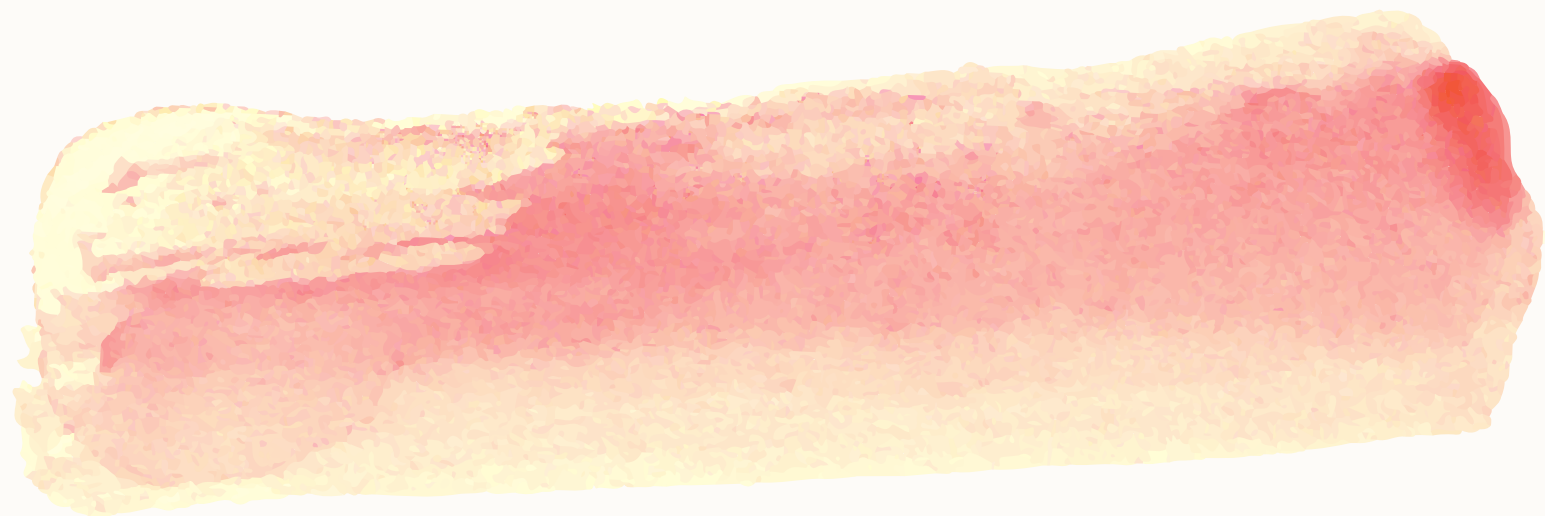
**Movement + Breath + Meditation**

**Time Management + Reset (Pause)**

**Mindfulness/Mindset**



*Shake It Out*



elle

*Moving the Spine*

The background is a soft, artistic watercolor wash in shades of pink and white. The colors are blended together, creating a gentle, textured effect. Scattered throughout the composition are small, shimmering gold glitter particles, which add a touch of elegance and sparkle to the overall aesthetic.

**List 3-5 Sensory Activities that Calm  
You and/ or Your Child**

*Left Nostril Breathing*



# Time In

**What would you like your “time in” look like?**

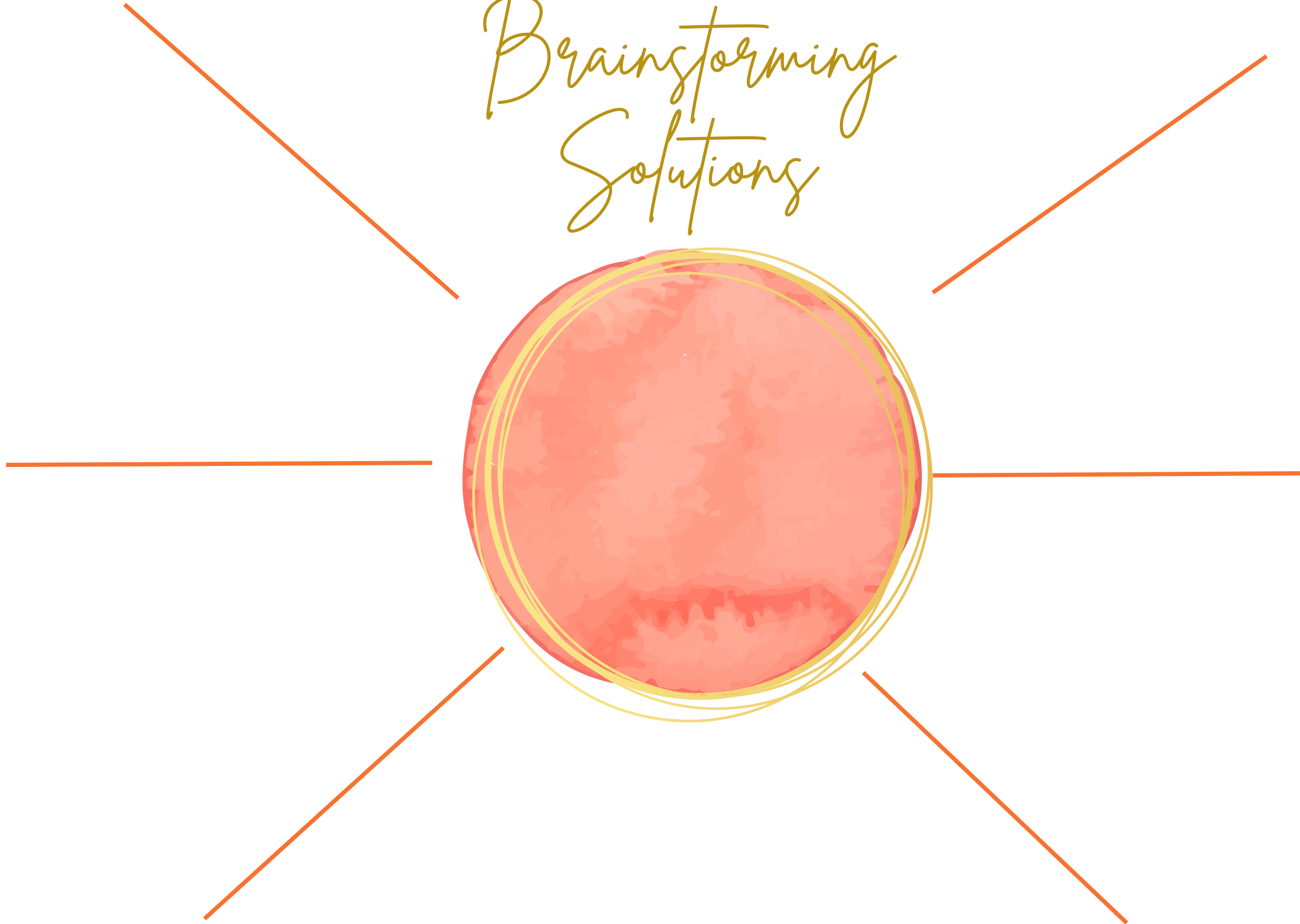
- **Place**
- **How much time?**
- **When**
- **What would you like to do?**

**What would your child’s time in look like?**

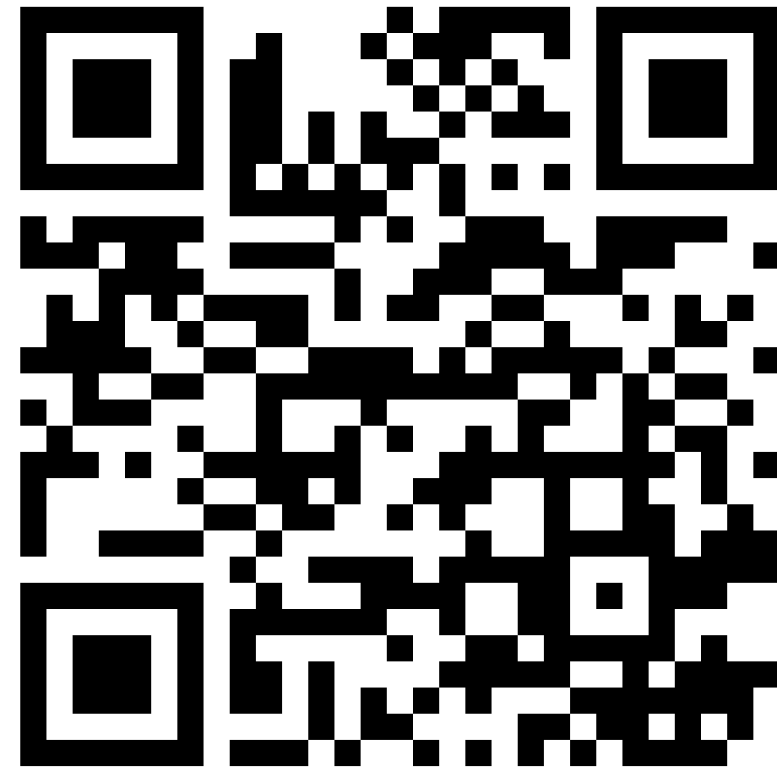
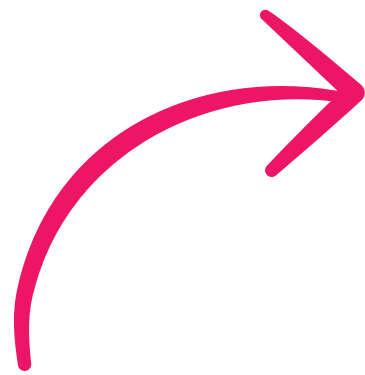
- **Place**
- **How much time?**
- **When**
- **What would they like to do?**



Brainstorming  
Solutions



**Book a Free 1/2 hour Breakthrough Call**



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**EMAIL**  
**[yael@yaelsunshine.com](mailto:yael@yaelsunshine.com)**

**MOBILE**  
**845-323-0139**



Q and A

