

# WHY IS SENSORY REGULATION IMPORTANT?

Sensory regulation serves as the cornerstone for other forms of regulation. Without sensory regulation ...

## Emotions



When our sensory system is dysregulated, it dampens our ability to manage and regulate our emotions

## Behavior

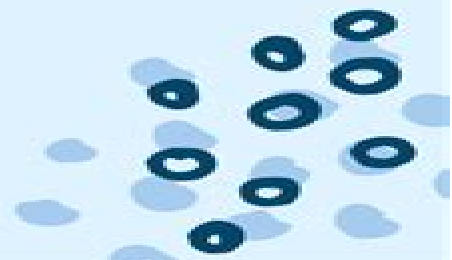


Our capacity to regulate our actions and behavior is hindered by sensory dysregulation

## Attention and Focus



Regulating our focus, attention, and executive functioning becomes difficult when our sensory system is dysregulated



# Sensory Goals For Self Regulation

**Sebastian Brünink**



## **Sensory Goals For Self Regulation:**

## Decoding **Sensory Goals For Self Regulation**: Revealing the Captivating Potential of Verbal Expression

In a time characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its ability to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Sensory Goals For Self Regulation**," a mesmerizing literary creation penned by a celebrated wordsmith, readers set about an enlightening odyssey, unraveling the intricate significance of language and its enduring affect our lives. In this appraisal, we shall explore the book is central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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