

Operation SODA

S WITCH ON the thinking brain

- Take a breath then slowly count backwards from seven to one
- Go to a safe place or special person
- Sit and use a mantra to acknowledge the feeling of panic

O XYGEN

- Breathe in to a count of five, hold the breath, then breath out slowly
- Blow bubbles/a balloon
- Play a tune on an instrument
- Have a drink through a straw
- Increase blood sugar

D ISTRACTION

- Look at things that make you smile
- Have a distraction box with fidgets and sensory toys, favourite books, etc.
- See how many things you can name in a category in a minute (e.g., animals)
- Color, draw, write a poem, listen to music
- Read a comic book or joke book
- Do something to meet your sensory needs

A PPROVAL

- Look in the mirror and do some positive self-talk
- Get or give yourself a big hug and a pat on the back
- Record the number of times you did a SODA and note down what worked best for you



Super Shamal: Living and Learning with Pathological Demand Avoidance by K.I. Al-Ghani