



Brain Sense™

SWAP™

SENSORY WORKSTYLE ASSESSMENT PROFILE

CANDIDATE: Low Test

REPORT DATE: 08 November 2024

CONFIDENTIAL REPORT

The information in this report is confidential and must not be made known to anyone other than authorised personnel, unless released by the expressed written permission of the person taking the assessment. The information should be considered together with all other information gathered in the assessment process.

Copyright ©2024 Brain Sense™. All rights reserved.

Senses Impacting Work Style

This report provides feedback on your sensory thresholds, based on the responses given on the SWAP Questionnaire. Through awareness of sensory thresholds - how *quickly* and *intensely* we register sensory stimuli - we can determine Sensory Work Styles. Sensory Work Styles refer to our unconscious preferences at work as result of the unique way in which we process sensory stimuli.

Two easy-to-implement aspects are highlighted in the report: Wellbeing Strategies and Productivity Adaptations, making the workplace healthier and more productive. A summary of the results is provided on page 3, followed by a discussion of each individual sensory system.



Visual System

Vision is the most complex of all sensory systems. It is the process of discovering what we see in our environment and where it is. From light receptors in the retina, visual stimuli travels down the optic nerve and culminate in the visual cortex. Vision is one of two information senses.



Auditory System

Hearing should fill us with a sense of awe and wonder. It connects us with the world around us and protects us from danger. From the hair cells in the cochlea, sound waves travel to the bottom brain and then to the auditory cortex which forms part of the upper part of the temporal lobe. Hearing is an information sense.



Tactile System

Touch is our first language and crucial to emotional and social development. Touch is for connection, protection, and communication. Touch receptors in the skin cover the entire body, and neurons carry stimuli to the sensory cortex in the parietal lobe. Touch is one of three social senses and powerfully impacts our relationships.



Smell System

Smell receptors are situated in the soft palate at the back of the nose and shortcuts directly to the primary olfactory cortex. This cortex lies near the hippocampus involved with memory, learning, and emotions. A smell can transport us to places, people, and memories within milliseconds. Smell is one of the social senses.



Taste System

Taste receptors are situated in our taste buds; each taste bud contains 50 - 100 receptors. Taste receptors detect sweet, bitter, sour, salty, or savoury/umami. Taste messages are relayed to the bottom brain and from there to the taste cortex. Taste is one of the social senses.



Movement Systems

The Vestibular System detects changes in head movement and is responsible for balance, spatial orientation, and a stable gaze. Receptors situated in the inner ear travel to the brainstem and cerebral cortex. Vestibular is one of two regulation senses - it impacts our ability to remain focused and attentive.

The Proprioceptive System detects a physical sense of self; our body's position in space. Proprioception contributes to body movement and behaviour. Receptors are situated in muscles, tendons, and joints. Messages are relayed to the spinal cord and brain. Proprioception soothes all other sensory systems and helps us feel calm and focused.



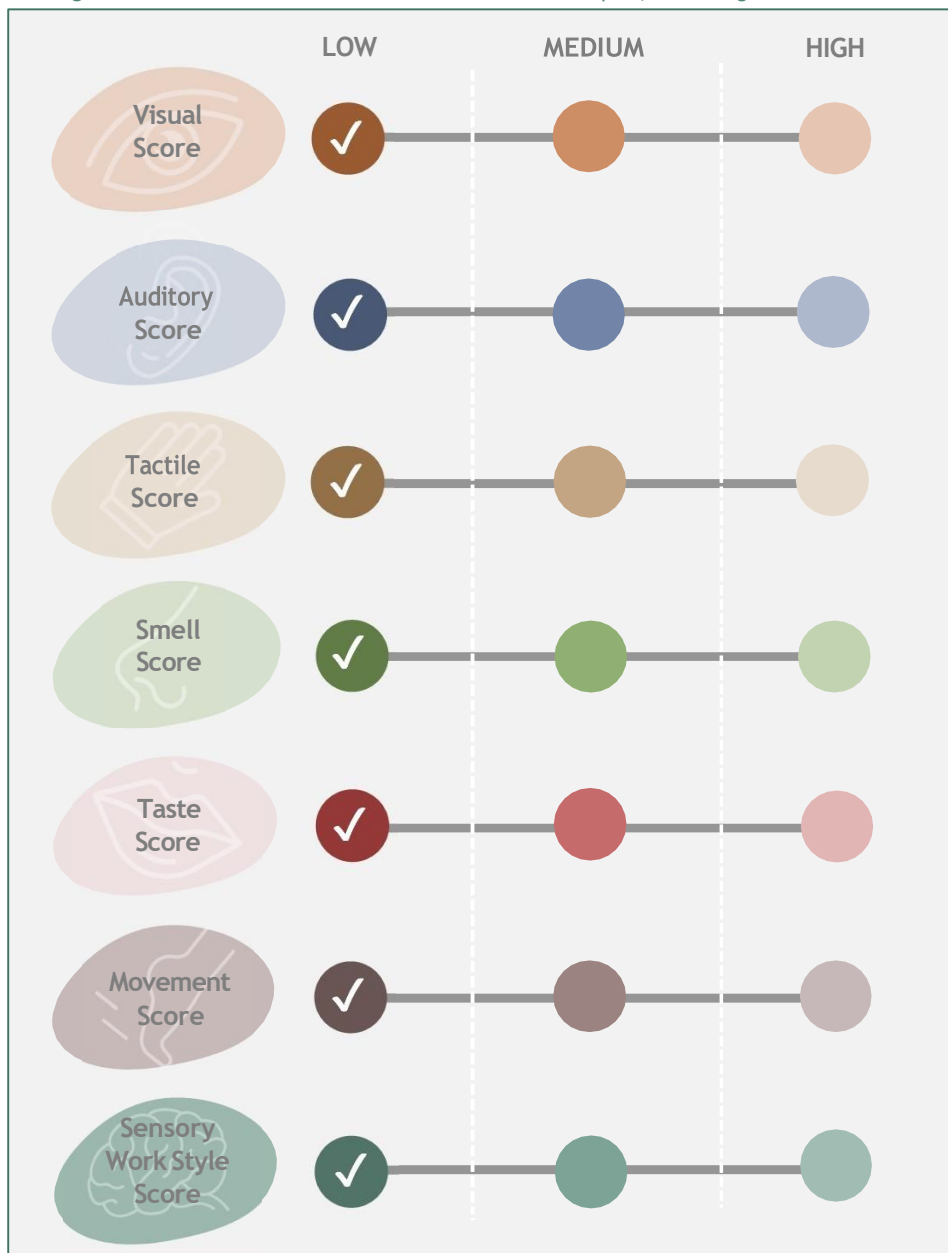
Sensory Work Style

Sensory needs across all seven sensory systems determine work style habits, rituals, behaviour, and preferred environment. We are mostly unconscious of sensory needs, although we constantly seek sensory balance - less stimuli if we are in overload and more stimuli if we feel bored. If we know what our sensory work style is, we can optimise person/workspace fit and determine which tasks should be completed where, with whom, and when. This will improve wellbeing and performance.

Summary of Results

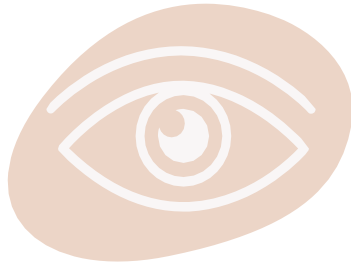
Sensory Threshold Scores indicate how you respond in the work environment across all seven sensory systems measured by the SWAP. Your scores highlight which sensory experiences you are more likely to seek out (if you score high) and which sensory experiences you are more likely to avoid (if you score low).

Low Thresholds: You avoid more, or seek less. You have a quick, intense registration.
Medium Thresholds: You do not seek or avoid. You have a neutral registration.
High Thresholds: You seek more. You do not have a quick, intense registration.



How these scores influence your Work Style is discussed from the next page onwards, together with wellbeing strategies and environmental adaptations for a healthy and productive workday.

*Please note that this is not a clinical diagnostic assessment.



Your Visual Score: **Low**

What this means:

Your brain over-registers visual messages. You notice too much visually during your workday, resulting in distractibility, stress, fatigue, and visual overload.

Preferences:

You are more productive with fewer visual distraction in neat work environments. You prefer clean lines, calming colours, clean and minimalistic workspaces. You prefer short, concise documents; bullet-point layouts are easier to read. Visual detail may be overwhelming, resulting in fatigue and overload.

Words of Wisdom:

You may experience visual overload early in your workday. Commute to work during off-peak hours where possible to avoid visual overload at the start of your day. Untidy work environments or shared workspaces may provoke feelings of irritation toward “messier” colleagues, however, remember that we are all different. Eye irritation, decreased performance, elevated stress, frustration, or errors may occur. Headaches or migraines may also be triggered by online work.

Wellbeing Plan:

Choose minimalistic, neat work environments. Bring nature into your workspace like pot plants or vertical gardens. Schedule walking meetings outside. Visual and digital breaks are imperative. Every 20 minutes, look away from your screen. Schedule time offline, do not attend back-to-back virtual meetings. Switch your camera off during online meetings to stretch and practice deep breathing; switch on again for connection and participation. Read printed books, documents, and research articles. Recommended recreation: time outdoors, sport, arts and crafts, exercise, or gardening. Limit screentime after work. Take short naps or rest quietly with your eyes closed.

Productivity Adaptations:

Use a designated, tidy workspace. Swing your desk to face away from bright lights. Minimise visual distractions. Switch your phone on silent and put away. Wear sunglasses when outdoors. Adjust devices to reduce blue light. Use screens and visual dividers or sit facing a corner or wall. Sit by a window for a view of greenery and nature. Acknowledge different visual needs in your team. With less screentime, performance will improve. Natural light is recommended for focus and mood. The less time on a screen the night before an important work event, the better performance will be. Unplug an hour before bedtime for a sustained night’s rest; improved sleep typically leads to improved productivity.



Your Auditory Score: **Low**

What this means:

You over-register auditory messages from the work environment. Noise cause anxiety and is distracting. You need less auditory stimuli at work for a happy and productive day.

Preferences:

Choose your own designated, quiet workspace. You work best with less auditory stimuli and may prefer remote work if the home environment is quiet. Open-plan office environments will cause overload, increasing stress and distractibility.

Words of Wisdom:

Fatigue and stress due to noise may influence job satisfaction and general wellbeing. You prefer your own, designated workspace, closed doors, and volume buttons to be turned down. Remove yourself from noisy environments, or noisy areas and colleagues where possible. Acknowledge different auditory needs and preferences and recognise auditory overload in yourself. Sit and rest quietly while practicing deep breathing every day.

Wellbeing Plan:

Regulation strategies are imperative as our ears are never 'off'. Where possible, avoid noisy workspaces. Deep breathing and movement breaks will alleviate overload. Splash cold water onto your face, enjoy a healthy crunchy or chewy snack, and hydrate. Communicate needs respectfully. Prioritise regulating leisure time. Sit away from the office buzz in a quiet area, and close doors and windows where possible. Enjoy nature and silence during breaks. Try not to commute during noisy peak-hour traffic. Live in a quiet street or part of town.

Productivity Adaptations:

Utilise quiet, isolated areas at work. Use room dividers, vertical screens, noise absorbing acoustics, white or green noise, calming playlists, headphones, or earplugs. Schedule walking meetings outdoors to regulate through movement. Always choose quieter meeting spaces and restaurants. Prioritise short regulation breaks after meetings and throughout your workday. Where possible, do not attend back-to-back online meetings. Turn down volume on all devices. Prioritise re-regulation time offline.



Your Touch Score: **Low**

What this means:

You over-register touch. You notice too much touch during your workday, resulting in overload, stress, and distractibility. You need less touch at work for a healthy, productive day.

Preferences:

You prefer your own desk, and shared space may cause overload. Working space with less disruptions from others is ideal. You prefer sitting with your back positioned against a wall, where you feel protected, and the chances of being approached unexpectedly from behind is reduced. You may be stringent around hygiene practices such as disinfecting and washing hands. You may sometimes enjoy affection from colleagues, on your terms, if you initiated the contact.

Words of Wisdom:

A crowded office space will cause overload. You prefer clean, decluttered desks. You are diligent about cleaning and tidying up. Remote work is preferable for focused work. Touch sensitivity may increase when your skin is dry. Moisturise, remove touch irritants, and dress comfortably. Do regular sensory check-ins to identify and regulate touch overload. Where possible, use stairs rather than entering confined spaces like elevators.

Wellbeing Plan:

Wear comfortable, breathable work clothes. Remove jewellery, tight-fitting clothes, and ill-fitting shoes. Regulate your skin in the morning with baths or showers and moisturise. Identify workspaces with less density and traffic. Cubicle or own office space is recommended where possible. Use heavy blankets and heat pads for calming touch stimuli. Prioritise enjoyable tactile leisure activities like cooking, baking, gardening, time with pets, arts and crafts, swimming, or firm massages. Spend quiet time on your own, in nature, practicing deep breathing. Create a safe sensory space to retreat to during and at the end of your workday.

Productivity Adaptations:

Regulate before work with exercise, bathing or showering, exfoliating, and moisturising with enjoyable textures. Wear comfortable clothes, jewellery, and accessories. Where possible, work from your own designated space. Keep workspaces neat, tidy, and minimalistic. Practice deep breathing when using shared spaces. Prepare for potential overload during group work or work socials. Take regular movement breaks away from crowds. Communicate touch needs respectfully. Where possible, commute during off-peak times. Regulate using clay, stress balls, or fidget toys of your preference. Alone time in nature is another potential re-regulation ritual.



Your Smell Score: **Low**

What this means:

You over-register and are sensitive to smell. You notice smells colleagues are often unaware of. You need less smell during your workday for a happy and productive day.

Preferences:

Smells from the kitchen, lunch boxes, washrooms, or body odours, for example, cause overload, distractibility, and irritation. You prefer well-ventilated workspaces with no odour. Fresh air is imperative.

Words of Wisdom:

Headaches may be triggered by smell. Nausea may result due to body odours, perfumes, or aftershave. Work relationships may be impacted, be aware of and manage smell sensitivity. Communicate needs respectfully. Sit near an open window or well-ventilated area at work. Use air-purifying plants where possible.

Wellbeing Plan:

Acknowledge smell sensitivity and use a regulating smell to mask triggers. Remove yourself from the situation, practice deep breathing, splash cold water onto your face, open windows, drink water, and stretch. Schedule walking meetings outdoors where possible. Enjoy lunch outside.

Productivity Adaptations:

Ventilation and fresh air are imperative. Adapt your workspace where possible or work from home. Do not sit near colleagues. Use air purifying plants or neutralising diffusers and devices. Schedule time outside and practice deep breathing while taking a regulating walk. An alerting smell of your choice could be utilised for improved productivity in your own space. Choose a calming smell in your bedroom (with your partner's consent) or just enjoy an odourless, fresh space. Chew fragrant chewing gum while working for improved productivity.



Your Taste Score: **Low**

What this means:

You over-register and are sensitive to tastes. You are overstimulated by certain foods and can be described as a picky eater.

Preferences:

You may restrict your diet due to taste preferences. You enjoy familiar foods and often have the same lunch or snack at work. You prefer choosing and dishing your own meals, and not have your food touch or mix on your plate. You prefer plain meals without too many ingredients, flavourants, sauces, or spices.

Words of Wisdom:

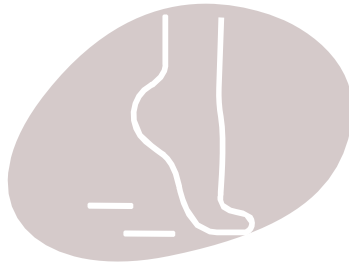
You may overeat when stressed or forget to eat. You may also nail bite or chew your pencil. You may avoid socialising due to taste preferences. You experience overload when exposed to disorganising tastes. Cultivate awareness around taste overload, as this could impact relationships, concentration, and a general feeling of wellbeing. You may eat too many bland carbohydrates such as bread, pasta, rice, or breakfast cereals.

Wellbeing Plan:

Take supplements if your diet is restricted. Pack your own preferred lunch and enjoy outdoors. Communicate food preferences respectfully to colleagues. Be conscious of different sensory taste needs within a team. Eat before work socials, if necessary, to avoid disorganising foods. Drink enough water. Chew gum with an enjoyable flavour to regulate. Enjoy calming herbal teas. Salty and sweet tastes are calming, however, try to keep snacking healthy.

Productivity Adaptations:

Eat healthy crunchy and chewy foods when distracted or when stressed. Be considerate towards auditory sensitive colleagues! Chew gum, drink lots of water, and enjoy preferred meals outdoors. Include a wide variety of food in your diet. Ice cold drinks are energising for improved concentration. Plan, prepare, and pack enjoyable 'focus' snacks. Options like nuts, raw uncooked vegetables with dips, frozen grapes, crunchy green apples, pineapple, and cucumber are all healthy snack options. Sour, bitter, and spicy tastes are energising for improved productivity. Sweet and salty tastes are calming.



Your Movement Score: **Low**

What this means:

You over-register vestibular messages and may feel dizzy when suddenly changing your head's position. This may result in overload when commuting to work, walking up winding staircases, taking elevators, or using escalators. You might also experience motion sickness, have a fear of heights, or fear of flying.

Preferences:

Extreme movement sports are overloading. Resistance training will reduce stress and increase productivity. You may not enjoy sitting on a ball or unstable wobbly seat; stabilise with both feet firmly on the ground. You may prefer your bed lowered or enjoy sleeping on the floor. You may prefer travelling by land where possible. Long, straight stretches of road are less overloading than winding, stop-start routes typical to city commutes. You prefer a stable, upright head position.

Words of Wisdom:

Commute during off-peak times where possible. Choose sport activities suitable to your needs. Movement against resistance with your head position upright is recommended. Repetitive motor movements such as walking, jogging, or rowing are regulating, as is weight/resistance training. Gentle, slower, rhythmical movements are preferable.

Wellbeing Plan:

Activities like weight training, swimming (no rotation), hiking, walking, jogging, and rowing are regulating. Resistance training and weight training are calming. Avoid extreme sports with sudden changes in head position, such as mountain biking. Vestibular overload triggers anxiety. Verbalise needs respectfully. Do not feel pressurised to partake in vestibular overloading team-building activities. When using elevators or escalators, hold onto rails, practice deep breathing, and fix your gaze onto a stable object. Link your fingers and provide firm deep pressure from the top of your head through to your neck.

Productivity Adaptations:

A standing desk, walking meetings, vertical workspaces, and movement breaks will all improve productivity. When sitting on a gym ball, stabilise with both feet firmly on the ground. Repetitive motor actions, like walking and jogging are regulating. Drink lots of water for increased toilet breaks. Stretch, do in-chair exercises, and fidget. Taking down notes, doing chair push-ups, chewing gum, or fidgeting with stress balls are examples of mini-movements while seated. Perform neck stretches in-chair and regularly straighten legs while rotating ankles. Gently look up-and-down and left-and-right (x4). Gently hang with your head at your knees (in-chair or while standing) and slowly straighten until upright again.



Your Sensory Work Style: Low

What this means:

You prefer work environments with less sensory stimulation; structured and organised. You feel most productive when your workday plays out as planned, with fewer unexpected sensory stimulation and therefore less potential sensory overload.

Preferences:

You prefer calm and organised work environments with structure and routine. You are attentive to detail. You work systematically and are good at task completion. Your deadlines are met; you work diligently. You prefer work environments with predictable and low to moderate sensory stimulation. You are an early starter and often very well prepared. You prefer being forewarned.

Words of Wisdom:

You may feel stressed outside of your comfort zone and may be more risk-averse - understanding 'why' is important to you. Open-plan offices may impact wellbeing and productivity. Adjusting to new environments may take time, and you tend to prefer the same workspace and your own desk. Prioritise regulation breaks throughout your workday. Working from home - if home is calm and organised - is a good option. Anticipate sensory overload and reregulate during and after work.

Wellbeing Plan:

Self-regulation and deep breathing is crucial. Remember that you are never caught up with work. Schedule priority tasks for early on in your day. Break tasks up into small achievable chunks, tick off, and celebrate progress. Write to-do lists (high to lower priority) at the end of the day. Use a planner and diary. Time-out space (visiting the restroom, for example) can be regulating. Prioritise alone-time, preparation time, and re-regulation time. Nourish all sensory systems with calming strategies. Do not over-schedule screen time. Be clear and deliberate about your top five calming sensory strategies away from all screens, solitary walks, herbal teas outside, calming baths, moderate exercise, and time with pets, for example.




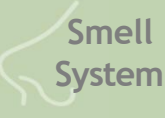



Productivity Adaptations:

If you can, work remotely on days when most employees are at the office and try not to commute during peak-hour traffic. Alone time is crucial. Anticipate sensory-overloading and unpredictable schedules, and communicate sensory needs respectfully. Use a workspace where you feel protected from overload and utilise dividers, and closed doors where possible. Movement breaks will improve productivity, so try scheduling walking meetings. Have go-to sensory practices and regulation opportunities throughout the day such as toilet breaks, hydration, washing of hands, applying of hand cream, deep breathing, enjoying crunchy or chewy snacks, exercise and self-care routines.

Concluding Comments

Sensory Thresholds determine Sensory Work Styles – habits, preferences, and rituals at work. Sensory Work Styles are our unconscious responses to environments, tasks, and colleagues. Sensory Work Styles can vary significantly within teams. What your colleague may find overloading and exhausting, may be energising to you. Respect, empathy, and increased awareness of sensory diversity are crucial to effective teams.

High-threshold scores represent our seeking senses where we need MORE stimulation to feel happy and focused. Low-threshold scores indicate our avoiding senses where we need LESS stimulation to feel happy and focused. Self-awareness and self-management are imperative for a healthy and productive workday.

 Visual System	<ul style="list-style-type: none">• You process detailed information, work accurately, and learn quickly.• This is to your benefit at work but may result in overload and fatigue.• Visual breaks throughout the day are imperative to wellbeing and productivity.
 Auditory System	<ul style="list-style-type: none">• You process verbal instructions quickly and accurately.• This is to your benefit, although work environments can get too noisy.• Alone time in nature, deep breathing, and movement breaks are crucial to wellbeing and productivity.
 Tactile System	<ul style="list-style-type: none">• You have an acute awareness of proximity and your own personal space.• Touch sensitivity may lead to overload in a shared workspace.• Regulating strategies, comfortable clothes, and spacious environments will improve wellbeing and productivity.
 Smell System	<ul style="list-style-type: none">• You have an acute awareness of smell; you quickly identify aromas and odour.• Smell overload may occur in shared spaces, which could impact relationships.• Spacious and well-ventilated work environments are conducive to wellbeing and productivity.
 Taste System	<ul style="list-style-type: none">• You may be first to identify food ingredients or wine properties.• Taste overload may occur during socials, work functions, or networking.• Taste sensitivity may impact relationships - awareness is key.
 Movement Systems	<ul style="list-style-type: none">• You have an acute awareness of movement, both on your person and in your surroundings.• Choose exercise routines wisely as enjoyable and gentle movement will improve wellbeing and productivity.
 Sensory Work Style	<ul style="list-style-type: none">• You have an acute awareness of the environment, are attentive to detail, have a phenomenal work ethic, are excellent at task completion, and display intuitive care toward colleagues.• Sensory overload, fatigue, and stress may be experienced early in your workday.• You are a good driver of routine, structure, stability, and connection.

THANK YOU!

Self-awareness and self-management of unique sensory needs will improve wellbeing and performance for a happy and productive workday.

Pay attention to either sensory overload or sensory deprivation and use calming or energising strategies. Custom-fit sensory strategies and environmental adaptations are effective when implemented according to unique sensory needs.

Fiercely guard and rest the information systems of visual and auditory, lovingly nurture the social senses of touch, smell, and taste; and utilise the regulation senses of movement.

The science behind our sensory systems is a differentiating and powerful tool for a happy and productive workday!

The successful person in the art of living makes little distinction between their work and their play, their labour and their leisure, their mind and their body, their education and their recreation, their love and their religion.

**They hardly know which is which, they simply pursue their vision of excellence in whatever they do, leaving others to decide whether they are working or playing.
To them, they are always doing both."**

- ZEN PHILOSOPHY

DEVELOPED BY IDA DOYER


Brain Sense™
<https://www.brainsense.co.za>
@brainsensesa

DISTRIBUTED SOLELY BY

JVR
PSYCHOMETRICS
<https://jvraficagroup.co.za>