

Environmental Modifications

- Avoid, stand further away from, cover, or soap mirrors
- Use a compact mirror for hair and makeup
- Rearrange furniture
- Sit in new and different places during trigger activities
- Turn out lights or use dimmers in target locations
- Wear dark glasses in high risk locations
- Don't go to bed until you are ready to sleep
- Use a cordless phone and talk in low-risk areas
- Leave the house
- Break up daily routines that often lead to problem behaviors
- Avoid combining high-risk activities
- Minimize time spent in high-risk locations (e.g. – bathroom, bedroom)
- Spend less time alone
- Do reading, writing, or computing in public locations
- Switch reading, TV, or computing to locations not associated with problem behaviors