

# Stimming - as described from an Aspie

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Stimming, for the unenlightened, is repetitive neurological stimulation. Basically, it's a repetitive sensory data input that distracts the brain from overload and helps a person relax. It can be motion related, like rocking or pen clicking, or tactile related, like running fingertips back and forth on an object or one's self, or other sensory input related like staring at a candle flame or moving water or listening to a piece of music over and over. I think the key to defining the stimming here is that it calms the mind. It has been compared to zen and meditation, and the joke is that aspies [Asperger's Autists] reach nirvana all the time.