**Sensory Modulation**

Using our 7 senses in different ways can help reduce distress, and even change our mood.

<table>
<thead>
<tr>
<th>Sense</th>
<th>Description</th>
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</thead>
<tbody>
<tr>
<td><strong>Sight</strong></td>
<td>(visual)</td>
</tr>
<tr>
<td><strong>Hearing</strong></td>
<td>(auditory)</td>
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<tr>
<td><strong>Smell</strong></td>
<td>(olfactory)</td>
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<tr>
<td><strong>Body</strong></td>
<td>(proprioceptive)</td>
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<tr>
<td><strong>Touch</strong></td>
<td>(somatosense)</td>
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<tr>
<td><strong>Taste</strong></td>
<td>(gustatory)</td>
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<tr>
<td><strong>Balance</strong></td>
<td>(vestibular)</td>
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</table>

**Using our 7 senses in different ways can help reduce distress, and even change our mood.**

Everyone has sensory preferences.

Some sensory experiences make us feel **good**, others can make us feel **worse**.

Sometimes our senses can trigger fond or unwanted **memories**.

Our preferences can **change** with strong emotions, or during difficult experiences.

Sometimes we need really different sensory experiences:

- **calming and soothing**
- **enlivening and stimulating**

**Think about:**

- What do I need when I feel **over-stimulated or exhausted**?
- What do I need when I feel **down, depressed or numb**?
- What do I need when I feel **frightened, or angry, or ashamed**?

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**What helps me?**

- **Sound & music apps.** Read out loud, sing, clap, tap, click fingers, ear plugs. Quiet or loud?
- **Familiar & pleasant scent, herbs, toiletries.** Soft smells? Or strong smells?
- **Soft, squishy things to touch or hug.** Prickly or firm items for grounding. Ice, heat packs, shower.
- **Variety of taste & texture; mindfully explore sweet, sour & salty, textures**
- **Balance exercises with eyes open or closed.** Rocking, swaying, dancing, yoga
- **Weighted items. Pressure & massage.** Stretching, clapping, fidgets, drumming, dancing

**What can you see? What do you want to see?**

**What sounds can you hear? What sounds would you like?**

**What is the strongest smell? What is it like?**

**What is the temperature? How do surfaces feel? Furniture, bedding, clothing, flooring?**

**What food and drinks do you have? What would you like?**

**Do you have any space or equipment to try balance exercises?**

**What exercise can you do here?**

Add your own ideas