

# Sensory Modulation

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



**Sight**  
(visual)



**Hearing**  
(auditory)



**Smell**  
(olfactory)



**Touch**  
(somatosense)



**Taste**  
(gustatory)



**Balance**  
(vestibular)



**Body**  
(proprioceptive)

You can explore your sensory needs on your own.  
Or talk to one of our staff for support and more info.

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:




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**?

	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? <i>Furniture, bedding, clothing, flooring?</i>	
	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?	

your environment

	Soft lighting. Draw, paint, read. Mindful colouring. Room decorations. Gardens & nature. Sunlight.	<i>Add your own ideas</i> 
	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 helps me?