

SENSORY STRATEGIES FOR WELLNESS

Self regulation is how the body responds to the environment to enable optimal functioning in daily activities. We can activate this mechanism by purposefully engaging in activities that allow our bodies to experience alerting or calming sensations.

SENSORY STRATEGIES



- Facilitate self-regulation
- Directly target our nervous system
- Harmless and non- distracting



SELF REGULATION

- Improves behavior
- Reduces workplace stress
- Improves work performance



TACTILE

Decrease stress

- Deep breathing
- Self-massage
- Compression garments (tight socks, upper body or lower body tights, leggings)
- Cozy materials (pillow, cushions, blankets)

Increase focus

- Movement breaks (wall push-ups, stairs, office stretches, run an errand, go to the bathroom)
- Fidgets (stress ball, fidget cube, silly putty, wiggle cushion)



ORAL

Decrease stress

- Comfort food (must be taken in moderation)
- Slightly cool, lukewarm or warm drinks

Increase focus

- Crunchy food (apple, celery, nuts)
- Chewy food (gum, beef jerky)
- Flavorful food (sour candies, spicy peanuts)
- Hot / cold drink / food (frozen berries, hot coffee)



OLFACTORY

Decrease stress

- Aromatherapy (essential oils, perfume or scented lotions): Chamomile, Lavender

Increase focus

- Aromatherapy (essential oils, perfume or scented lotions): Eucalyptus, Lemongrass, Mint



AUDITORY

Decrease stress

- Music playlist (soothing music), ear muffs, ear plugs, phone apps with relaxing melodies, background sounds (nature)

Increase focus

- Music playlist (rhythmic beats, white noise)



VISUAL

Decrease stress

- Visual activities (jigsaw puzzles, word search, magazines), reduce glare (tinted glasses, colored paper instead of white paper), LED lights (soothes the eyes), surround self with calming color hues (green, blue)

Increase focus

- Compact fluorescent lights or bright, natural lighting, colorful materials (use highlighters, colored handouts, colored paper instead of plain paper)



ADDITIONAL TIPS

- Discover what works best for you because each person experiences sensory input differently.
- For additional tips on managing stress or concentration, don't be afraid to seek support from our center.
- Apply at least one strategy a day then gradually increase or decrease as needed.

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