

## Sensory Modulation

Sensory modulation refers to strategies that we can use mindfully to calm ourselves or to feel more alert. Calming sensations may be helpful when we are feeling anxious, overwhelmed and stressed, whereas alerting sensations may be helpful when we are feeling depressed, lethargic and unmotivated. The following examples are categorized as calming or alerting to help you brainstorm what strategies may be helpful for you. Each of these examples are also identified as using different sensory areas. This is to help you think about what types of sensations you may prefer. Please take a moment to check off the strategies that you may find helpful.

Sensation	Calming	Alerting
Movement 	<input type="checkbox"/> Yoga or stretching <input type="checkbox"/> Slow rhythmic dancing <input type="checkbox"/> Rocking back and forward <input type="checkbox"/> Leisurely walk or hike	<input type="checkbox"/> Aerobic exercise <input type="checkbox"/> Fast paced dancing <input type="checkbox"/> Jogging, running or sprinting <input type="checkbox"/> Shaking out your arms or legs
Temperature and Touch 	<input type="checkbox"/> Dressing in compression wear <input type="checkbox"/> Getting a deep pressure massage <input type="checkbox"/> Placing a heat bag on your neck <input type="checkbox"/> Sitting outside in the sunshine <input type="checkbox"/> Taking a hot bath or shower <input type="checkbox"/> Wrapping up in a heavy blanket	<input type="checkbox"/> Body brushing <input type="checkbox"/> Placing an ice pack on your eyes <input type="checkbox"/> Sitting by an open window <input type="checkbox"/> Taking a cold bath or shower <input type="checkbox"/> Using an acupuncture mat <input type="checkbox"/> Walking bare foot
Hearing 	<input type="checkbox"/> Humming to yourself <input type="checkbox"/> Listening to relaxation music <input type="checkbox"/> Speaking with supportive people <input type="checkbox"/> Using noise canceling headphones	<input type="checkbox"/> Clapping or stomping <input type="checkbox"/> Listening to upbeat music <input type="checkbox"/> Playing a musical instrument <input type="checkbox"/> Singing loudly
Vision 	<input type="checkbox"/> Colouring in a mandala <input type="checkbox"/> Decorating your space with cool colours, such as blues or greens <input type="checkbox"/> Closing your eyes <input type="checkbox"/> Reducing clutter in your space <input type="checkbox"/> Sitting in a dimly lit area <input type="checkbox"/> Watching the sunrise or sunset	<input type="checkbox"/> Completing a jigsaw puzzle <input type="checkbox"/> Decorating your space with warm colours, such as reds or yellows <input type="checkbox"/> Going to the cinema <input type="checkbox"/> Playing a video game <input type="checkbox"/> Sitting in a brightly lit area <input type="checkbox"/> Watching sport



# Sensory Modulation

## Sensation

## Calming

## Alerting

Smell

*Calming scents include:  
vanilla, rose and lavender*

*Alerting scents include:  
lemon, peppermint and rosemary*



- Burning incense
- Lighting a scented candle
- Practicing aromatherapy
- Wearing scented lotion, perfume or cologne

Gustatory



- Taking a deep breath
- Sucking on hard candy
- Half smiling
- Drinking herbal tea, such as chamomile or passionflower

- Having a cold smoothie
- Eating chewy or crunchy foods
- Drinking coffee
- Cooking a meal with sour or spicy flavours



### **What is a half smile?**

*Like the Mona Lisa, the half smile is almost imperceptible. The half smile starts with relaxing the facial muscles, from the forehead to the jaw, and turning the corners of the mouth slightly upward. According to scientific research, this expression physiologically stimulates a serene feeling in the brain.*

**Are there other strategies that are not listed that you think might be helpful?**

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**Have you noticed that you prefer a particular type of sensation?**

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**List your top 6 strategies:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

**You may like to use the above check list to create your own personalised sensory box.**

