

Sensory techniques can help you to ground in reality using the 5 senses. By changing the sensory input in any of the senses, we can, in a sense, “reboot” the brain and stop feelings of panic, intrusive memories, and other feelings.

To use sensory techniques, follow these important steps:

Focus on your surroundings. Take 3 slow, deep breaths

Try doing an activity that changes your current experience in any of your 5 senses:

1. **Sight** – What do you see in the room? Name 5 things.
2. **Taste** – Suck on candy, drink something cold or hot, eat something sweet or sour, suck on ice, gum
3. **Touch** – Varying textures, such as beads, chain, blanket, corduroy clothes, pets (can actually calm and lower anxiety), a safe person w/ permission
4. **Smell** – Flowers, aromatherapy, sharp smells (certain foods), laundry detergent, candles, lotions, bubble bath (added bonus of touch)
5. **Hear** – Safe person’s voice, music, loud noise, car horn, whistle, dog bark

If an activity in one sense does not work, try another. Sometimes it takes a few tries. After time, you will learn the activities that work the best for you.

Remember, sensory techniques are not intended to stop you from feeling altogether. The goal is to help you stay grounded in the present.