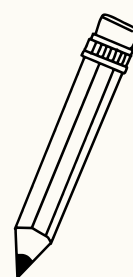


# GROUNDING YOURSELF

## WITH SENSORY AWARENESS

Sensory awareness is to engage with and respond to sensory information. By bringing sensory experiences to the forefront of our minds, we create space in our everyday to pause, recognise, and appreciate the happenings all around us; to stop and ground ourselves in the present and within our physical spaces.

in this exercise, take some time to think about, then write down some of the sensory experiences that bring you joy



### SIGHT



### HEARING



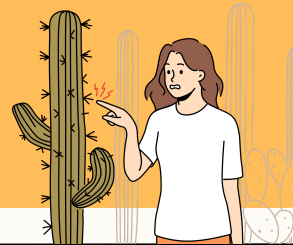
### TASTE



### SMELL



### TOUCH



### CONSIDER THE FOLLOWING REFLECTION QUESTIONS

- Was any list particularly long/short?
- Were you surprised by anything you added to the list?
- How can you increase the number of experiences that bring you joy and comfort?
- Can you make some of these experiences everyday happenings?

## COMMIT

**TO RECOGNISING AND APPRECIATING THE SENSATIONS THAT SURROUND YOU AND BRING YOU JOY, EVERY SINGLE DAY.**