

STEP 1: EXPLORE / TAKE NOTICE

What I notice in my body – When I start feeling a sensation in my body that my mind may interpret as discomfort or overwhelm, I notice:

- _____
- _____
- _____
- _____

STEP 2: CREATE / NEW OPTIONS

Strategies I can try – For each sensation I notice, I will provide myself with alternative strategies to support myself:

<i>Sensation I notice</i>	<i>Strategy to help</i>
_____	_____
_____	_____
_____	_____
_____	_____

STEP 3: INTEGRATE / LEARNING

My pinnacle point – This is when the feeling or sensation peaks. I know from past experience that this passes and I will remind myself of this.

What helps me during the pinnacle point?

(For example: grounding techniques, sensory tools, breathing exercises)

- _____
- _____
- _____
- _____

HOW I FEEL AFTERWARDS & SELF-CARE

Once the pinnacle passes, I remind myself that all feelings pass and I reflect on the change and engage in self-care.

How do I feel?

- _____

What can I do to be kind to myself? What are my self-care activities?

(For example: rest, talk to a friend, engage in a calming activity)

- _____
- _____
- _____

FINAL REMINDER

It takes time to recognise and respond to my sensory needs. After noticing these patterns come and go, time after time, I feel I am more comfortable with the range of sensations and emotions that present, and I develop confidence in the tools I am creating and practicing to support myself.