

BACK TO YOUR SENSES



BACK TO YOUR SENSES is Mindwell's sensory comfort kit with some suggestions to help you be mindful, ground yourself and feel better.

You can keep this with you to use as a reminder of how to get in touch with your senses and cope when you're feeling anxious.

SEE



Take a walk in the park or visit your favourite place to enjoy the view.

Collect photos and bring together happy memories, favourite people, holidays, pets and positive moments.

Go rainbow hunting wherever you are and find all seven colours.

SMELL



Enjoy fresh laundry like your bedding or nightclothes.

Appreciate a perfumed candle, your favourite scent or fresh flowers.

Take in the smells from the world around you and what stands out.

TOUCH



Massage your hands, feet or scalp.

Have a comforting cuddle with a pet, a person or hug yourself.

Touch the material you're wearing and feel the different textures.

TASTE



Eat something that makes your taste buds sing!

Chew mints, gum or suck a sweet.

Try some new recipes to bring new flavours to your meal times.

HEAR

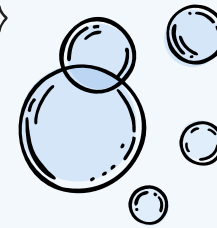


Listen to nature sounds like rain, leaves rustling in the wind, the sea, birdsong or bees buzzing.

Create a playlist of your favourite music.

What's the loudest or quietest sound you can hear right now?

MULTI-SENSORY



Watch a film that makes you laugh.

Enjoy blowing bubbles outside.

Name 5 things you can see, 4 you can touch, 3 you can hear, 2 you can smell and 1 you can taste.

POSITIVE THOUGHTS



I feel safe and secure.

I am calm and content.

I am allowed to say no and have the boundaries I need to feel comfortable.

1. Say 'STOP' firmly to yourself.
2. Breathe out fully.
3. Drop your shoulders and unclench your hands.
4. Count slowly down from 5 to 1.

15 to 21 May 2023

Mental Health Awareness Week



To find out more, scan the QR code or visit www.mindwell-leeds.org.uk/back-to-your-senses



Follow us on Twitter @MindWellLeeds and use the hashtags #BackToYourSenses, #MentalHealthAwarenessWeek, #MHAW23

BACK TO YOUR SENSES



This sheet has been left blank for you to create your own personalised sensory comfort kit.

SEE



SMELL



TOUCH



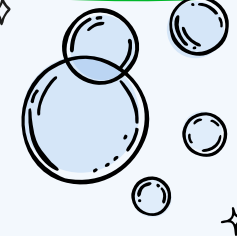
TASTE



HEAR



MULTI-SENSORY



POSITIVE THOUGHTS



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