

# SELF-CARE WITH THE HELP OF SENSES

– using the help of the senses in distressing situations

Connecting with the senses helps to be more present at this moment and helps the body to relax.

## EXERCISES WITH AWARENESS

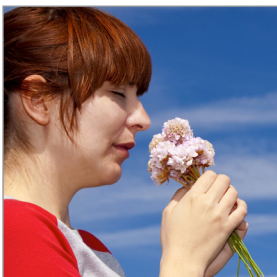
Concentrate on your senses, for example:



**Listen** to the sounds around you, for example the noises of traffic, the voices of people or the noise of an air conditioner.



**Touch** different kind of things. For example what do you feel under your fingertips? How do you feel in the other parts of your body? What do you feel under your feet? How does your body weight or body warmth feel?



**Smell** the different smells around you. You can also take your favorite smell or perfume and use it.



**Taste** something pleasant and concentrate on this taste.



**Look** carefully items around you, and focus your attention to the details and features of these items.