

MAKING A PLAN

SENSORY SELF-CARE



TASTE

TOUCH

SIGHT

SMELL

SOUND

Knowing what our sensory preferences and triggers are can help us prepare for situations that might overwhelm us.

Identify which sensations **feel good** and those that **activate** you and list them in the columns to the left. Below, you can list **what helps** when you're feeling overwhelmed.



calming strategies, safe spaces, & tools that comfort you