

# Sensory Plan

- Thinking of ways to cope can be difficult once you're stressed or experiencing cravings
- A Sensory Plan can help to prepare for those times so you feel safe and in charge, even when you're upset
- Complete it when you don't feel too worried and can think clearly

## TIPS

- Think of your triggers and warning signs as useful messages
- Use your coping strategies as early as you can
- Share this with people you trust
- Keep it in a useful spot

Start here 

## 1. What upsets you or causes cravings?

*(triggers)*

eg. certain smells/tastes/songs, too much stimulation, people, times of day, being touched, emotions

## 2. What can you notice in yourself?

*(warning signs)*

eg. shaking, racing heart, outbursts, sweating, sick in the stomach, clenching fists or teeth, tension, can't sit still or focus, talking a lot

## 3. What helps you to feel better?

*(coping strategies)*

eg. certain smells/touch/pictures/quotes, dim lights, hot or cold shower, music, warm or cold drink, lying down, exercise, deep breathing, activities with others

Do more of these

## 4. What doesn't help?

*(unhelpful stimuli)*

eg. loud noise, having to think or talk, bright light, being on my own, particular people, being too hot or hungry, clutter

Limit or avoid these

Remember your senses.. and how they influence you



Taste



Smell



See



Hear



Feel



Movement &  
Pressure

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