

RESILIENCE RX TIP 2

SENSORY THERAPY

Our five senses play a role in how we feel and can be influenced by what our senses take in. Treating ourselves to something that evokes sensorial joy stimulates our brain to release feel-good hormones that help offset grief hormones. While the joy we feel doesn't minimize the grief, it reminds our body that not all pleasure is lost.

HOW IT WORKS

The sensation of pleasure triggers our brain to release happy hormones—endorphins—such as oxytocin, dopamine, and serotonin. **Practice the Rule of 5s below to give yourself some form of sensory pleasure every day.** With practice, the awareness and perception of delight eventually becomes effortless, and is an important step toward restoring life after loss.

SIGHT—VISUAL SUGGESTIONS:

- ◆ Watch a sunrise or sunset
- ◆ Look at a cherished photo or a favorite memento
- ◆ Use a plant or flowers to enliven your work space
- ◆ Enjoy the beauty of a garden, the beach, a park, or your own backyard
- ◆ Surround yourself with colors that lift your spirits

TACTILE—TOUCH SUGGESTIONS:

- ◆ Soak in a warm tub with Epsom salts or bath oil
- ◆ Wear a pair of extra soft socks
- ◆ Wrap yourself in a soft scarf or blanket
- ◆ Pet a dog or cat
- ◆ Hold a stuffed animal
- ◆ Walk barefoot on cool grass

RULE OF 5s

Every day practice the Rule of 5s by enjoying the following:

- 5 things you can **see**
- 4 things you can **touch**
- 3 things you can **hear**
- 2 things you can **smell**
- 1 thing you can **taste**

THINGS I CAN SEE THAT BRING ME JOY

- _____
- _____
- _____
- _____
- _____

THINGS I CAN TOUCH THAT BRING ME JOY

- _____
- _____
- _____
- _____
- _____

HEARING—SOUND SUGGESTIONS:

- ◆ Listen to relaxing or upbeat music
- ◆ Listen to laughter on YouTube or comedy show
- ◆ Listen to a water feature such as the sound of the ocean, a fountain, a waterfall or the rain
- ◆ Hang a birdfeeder and listen to the singsong
- ◆ Listen to happy noises at a park
- ◆ Hang windchimes near a window

THINGS I CAN HEAR THAT BRING ME JOY

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- _____
- _____
- _____
- _____

OLFACTION—SMELL SUGGESTIONS:

- ◆ Shower or bathe with a lovely scented soap
- ◆ Light a fragrant candle or burn incense
- ◆ Apply a scented lotion to your skin before bed
- ◆ Buy a fragrant flower bouquet for the kitchen or your office
- ◆ Experiment with different essential oils in a diffuser
- ◆ Spritz on your favorite perfume

THINGS I CAN SMELL THAT BRING ME JOY

- _____
- _____
- _____
- _____
- _____

GUSTATION—TASTE SUGGESTIONS:

- ◆ Enjoy an icy cold beverage
- ◆ Enjoy a mug of herbal tea
- ◆ Enjoy hot cocoa with whipped cream
- ◆ Chew flavored gum
- ◆ Indulge in a piece of dark chocolate
- ◆ Enjoy a ripe piece of fruit
- ◆ Eat a minty candy

THINGS I CAN TASTE THAT BRINGS ME JOY

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- _____
- _____
- _____
- _____