

# Eight Senses Bookmark Companion Poster

**Senses on overload?** Reset with this poster to feel more productive and find your just right zone.



## See

- Look 20 feet away for 20 seconds
- Take a break from screen time
- Close your eyes for a 10 second break



## Hear

- Block noise with ear muffs or earplugs
- Move to a quiet space
- Listen to calming sounds or white noise
- Relax outdoors in nature



## Taste

- Change cooking methods for milder taste
- Add spices or herbs for flavour



## Touch

- Wear comfy, tag-free, seam-free clothing
- Request different greetings, like fist bumps
- Use fidget toys



## Smell

- Use unscented products
- Add ventilation (open windows, or air filters)
- Try calming essential oils



## Movement

- Try a weighted blanket or lap pad (less than 10% of your body weight)
- Practice full body scans
- Schedule movement or stretch breaks



## Balance

- Stop irregular movements
- When not dizzy, try slow rocking
- Practice tandem walking forwards and backwards



## Interoception

- Scan your body daily for sensations
- Take 5 deep breaths, 4 times
- Schedule meals and drinking breaks
- Set toilet breaks

