

# My Sensory Coping Strategies

Use each finger to write a quick act of self-care focused on that sense. The key is to make them accessible, and personal to you – the smell, touch, taste, sight and sound that you associate with safety. They're probably free, familiar, close at hand – regular, restorative and reassuring acts to ground yourself and re-establish a feeling of welfare. In the centre, along the central line, write an affirmation that you need to hear in that scary moment.

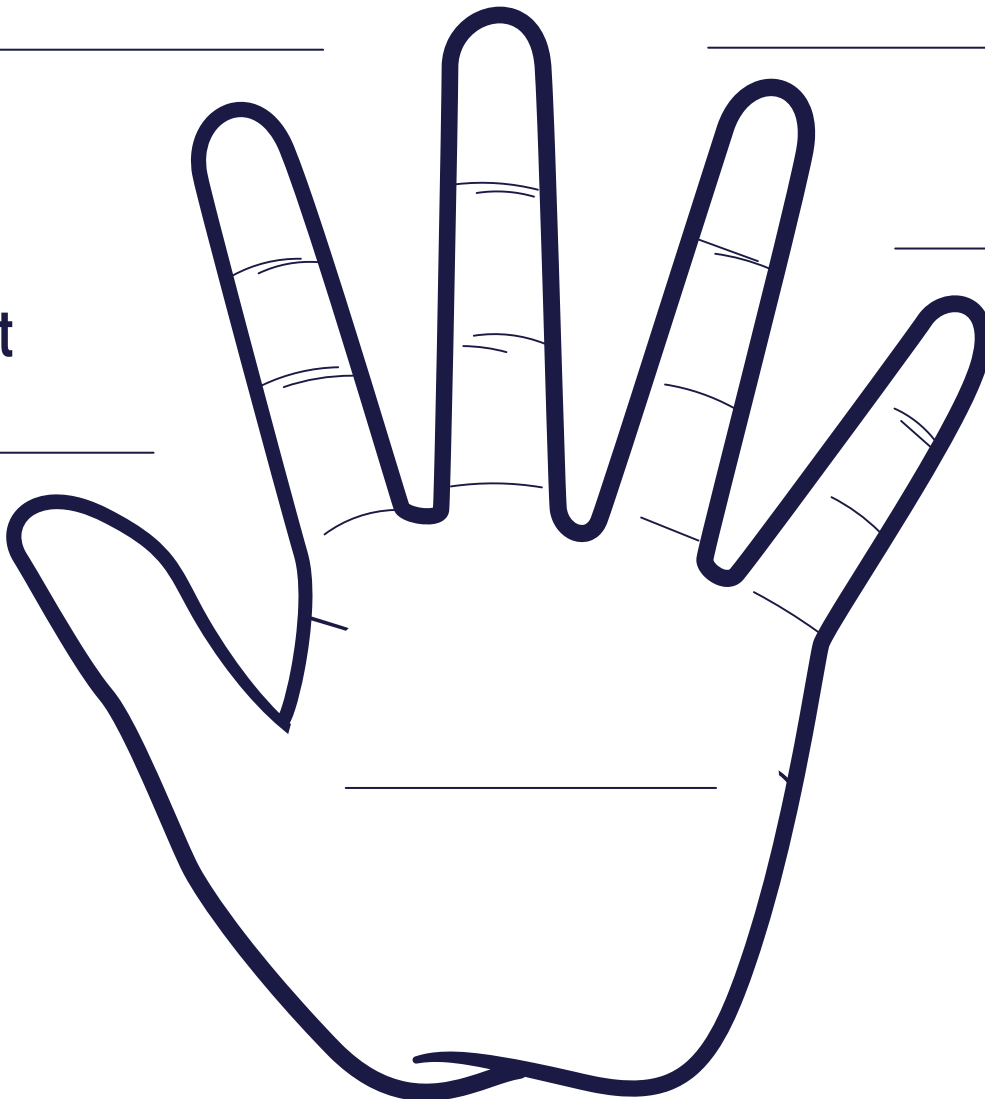
**Smell**

**Sound**

**Touch**

**Taste**

**Sight**



**CONCENTRIC  
COUNSELLING**

with Vicky Bellman