

## **Journal Prompts: Making Sense of Our Senses**

### **1. Exploring Sensory Awareness**

- What are the most common sensory experiences that stand out to you in your daily life? (e.g., sights, sounds, smells, tastes, textures)
- Think of a recent situation where one of your senses was particularly heightened. How did that affect your mood or thoughts in that moment?
- Are there certain sounds, smells, or sights that make you feel more relaxed or energized? How can you create more of these sensory experiences in your daily routine?

### **2. Sensory Overload**

- Reflect on a time when you felt overwhelmed by sensory input. What triggered it, and how did you cope with it?
- How do you typically react when there's too much noise, too many people, or too much visual stimulation around you?
- How can you recognize the signs of sensory overload early, and what can you do to reduce the impact on your mind and body?

### **3. Comfort and Discomfort**

- What physical sensations (e.g., certain fabrics, temperatures, or movements) bring you comfort or discomfort? How do these sensations affect your emotions?
- Are there any specific sensory experiences that make you feel more grounded and present? How can you incorporate more of these into your day?
- How do certain environments (e.g., crowded spaces, quiet rooms, nature) affect your sense of well-being? What would your ideal sensory environment look like?

### **4. Sensory Preferences**

- Which of the five senses (sight, sound, touch, taste, smell) do you feel most connected to? Why do you think that is?
- Reflect on a favorite food, drink, or scent. What is it about the taste, texture, or aroma that you find so enjoyable?
- Is there a particular color, texture, or sound that brings you peace or joy? How can you surround yourself with more of these sensory experiences?

### **5. Sensory and Emotion Connection**

- Can you think of a time when a specific sensory experience (e.g., the sound of rain, the scent of a favorite perfume) triggered a strong memory or emotion?
- How do certain physical sensations, such as touch or temperature, influence your mood or emotional state?
- When you are feeling anxious or stressed, do you notice any changes in how your senses are heightened or dulled? How can you use sensory experiences to soothe or ground yourself in those moments?

### **6. Mindful Sensory Exploration**

- Take a moment to sit quietly and engage with your surroundings. What do you notice about the sights, sounds, and smells around you that you might not have been aware of before?
- How can you practice mindful awareness of your senses throughout the day to help reduce stress or increase relaxation?
- What activities can you do to reconnect with your senses, such as listening to music, savoring food, or walking barefoot outside?

## **7. Sensory Memories**

- Think of a sensory memory from childhood that stands out to you (e.g., the smell of your grandmother's kitchen, the sound of a favorite song). What emotions or thoughts does it evoke?
- Are there any sensory experiences that have helped you heal or feel more connected to a loved one or a specific place?
- When you are feeling disconnected or distant, how can you use sensory experiences to bring you closer to yourself or others?

## **8. Sensory Sensitivity and Self-Care**

- How do you manage sensory sensitivity (e.g., hypersensitivity to noise, light, or touch)? Are there coping strategies that help you feel more comfortable in these situations?
- What self-care practices can you incorporate to soothe your senses, such as taking a warm bath, using essential oils, or engaging in grounding exercises?
- When you are in a busy or chaotic environment, how can you protect your senses from becoming overstimulated or drained?

## **9. Sensory and Mental Health**

- How do your sensory experiences affect your mental health, especially in times of stress or emotional distress?
- Are there certain sensory environments (e.g., quiet spaces, nature, a favorite sound) that help you feel more at ease when dealing with anxiety or depression?
- How can you use sensory tools (e.g., calming scents, weighted blankets, soft lighting) to create a more supportive environment for your mental well-being?

## **10. Sensory Integration**

- How do you integrate different sensory experiences into your routine for optimal well-being (e.g., balancing stimulating and calming sensory inputs)?
- What activities allow you to use multiple senses simultaneously and bring a sense of harmony to your mind and body?
- How can you experiment with new sensory experiences to discover what brings you joy or relaxation?