

4 TYPES OF INPUT OUR NERVOUS SYSTEM LOVES

1 Proprioceptive



Proprioception is the sense that lets us know where our different body parts are, how they move and how much strength our muscles need to use.

How To:

Lie down and place a blanket or hot pad over your belly.

1. Observe the weight & sensations this creates.
2. Notice how can direct your breath to expand against the object.

2 Temperature



Warmth can feel soothing & relaxing while cold can help to quickly lower the heart rate & regulate a hyperactive nervous system.

Observing temperature can help ground us in the present.

How To:

Warm: Try a warm bath/shower, with the lights low & lavender oil on a cloth near the drain. Or a warm wash cloth over your eyes

Cold: Run your wrists under cold water, hold a ice cube, or splash cold water lightly.

3 Vestibular



Vestibular input is the sensation of any change in position, direction, or movement of the head (inner ear) - moving your body can be regulating!

How To:

- Sway side to side while you take deep breaths.
- Wall or chair push ups
- Try shaking out your arms with gentle neck rolls.

4 Sensory



Tuning in to our senses allow us to connect with our bodies felt experience in the present moment. Use your sense of sight, touch, smell, taste, or hearing.

How To:

Notice 5 things around you. Name 4 sounds. Observe 3 things you can feel/touch, experience 2 things you can smell. 1 thing you can taste.