

SENSORY AWARENESS

TOOLS FOR BUILDING SELF-AWARENESS

Where self-awareness becomes forward movement.

Sensory awareness helps you reconnect with the present moment and access your wiser self. When the storm shows up, turning to your senses can interrupt stress, reduce reactivity, and strengthen your ability to respond with clarity and choice. You can practice anytime, anywhere.



1. PAUSE

Stop what you are doing for a moment.
Take a slow breath and recognize:

- "I'm getting caught in stress or reactivity."
- "This is a good time for a sensory exercise."

The goal is not to fix the problem immediately.
The goal is to shift your state first.

2. SELECT ONE OF THE FOLLOWING SENSORY EXERCISES AND PRACTICE FOR 30 SECONDS.



TOUCH

Focus all of your attention on physical sensations.

Examples:

- Rub fingertips together
- Feel the texture of your clothes
- Hold an object and feel its texture



SMELL

Focus on scents around you.

Examples:

- Coffee
- Food
- Nature
- Fresh air
- A scented object



HEARING

Focus completely on sounds.

Examples:

- Listen to distant sounds.
- Listen to nearby sounds.
- Notice layers of sound around you.
- Pay attention without labeling or judging.



TASTE

Slow down and experience a bite of food or a sip of a drink.

Notice:

- Texture
- Temperature
- Flavor
- Changes in taste



SIGHT

Choose an object and observe it carefully.

Notice:

- Colors
- Shapes
- Shadows
- Patterns
- Details you normally overlook



3. STAY FULLY PRESENT

For the duration of the exercise:

- Let go of problem-solving.
- Let go of planning.
- Let go of judging.

When your mind wanders, gently return to the sensory experience.



4. CHECK YOUR STATE

After the exercise, ask yourself:

- Am I calmer?
- Am I more present?
- Am I less reactive?
- Can I approach this situation with greater clarity?

Even a small shift is a success.



5. REPEAT THROUGHOUT THE DAY

Try building this practice into your day with small, frequent repetitions:

- 10 seconds before a meeting
- 30 seconds during a stressful conversation
- 1 minute when feeling overwhelmed
- Several times throughout the day

Consistency matters more than duration.



THE CLEARING

Where self-awareness becomes forward movement.

NOTICE • UNDERSTAND • CHOOSE

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