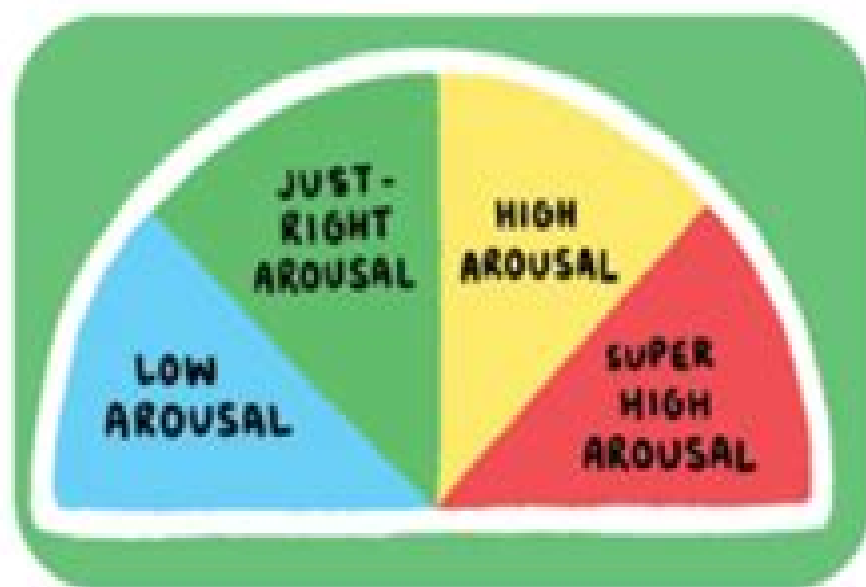


Sensory Self - Care

Energetic States

(Arousal levels)

Everyone has energetic states (arousal levels) that move up and down as we go about our days.



We can use our senses to boost our arousal if its low, or lower our arousal if its high, and bring ourselves closer to that just-right state.

Low arousal:

low energy, sluggish, lethargic, sleepy, tired

Just-right arousal:

calm, awake, attentive, grounded

High arousal:

high energy
can be
anxious/edgy/upset/stressed or excited/joyful

Super high arousal:

loss of control anger, fear, panic

Magic Of Well Being A Sensory Self Discovery Programme For A Fulfilling Life

WJ Hussar



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Spa Management ,1997 **LIFE** ,1940-04-15 LIFE Magazine is the treasured photographic magazine that chronicled the 20th Century It now lives on at LIFE com the largest most amazing collection of professional photography on the internet Users can browse search and view photos of today s people and events They have free access to share print and post images for personal use **Journal of the American Medical Association** American Medical Association,1896 Includes

proceedings of the Association papers read at the annual sessions and list of current medical literature **New York Magazine** ,1990-01-08 New York magazine was born in 1968 after a run as an insert of the New York Herald Tribune and quickly made a place for itself as the trusted resource for readers across the country With award winning writing and photography covering everything from politics and food to theater and fashion the magazine s consistent mission has been to reflect back to its audience the energy and excitement of the city itself while celebrating New York as both a place and an idea **Ebony** ,2005-09 EBONY is the flagship magazine of Johnson Publishing Founded in 1945 by John H Johnson it still maintains the highest global circulation of any African American focused magazine **Independent Publisher** ,1998

The New York Times Magazine ,1971 **Manas** ,1968 **New Age Journal** ,1992 *Teacher* ,1972 *Catholic School Journal* ,1968 **Book World** ,1970 Instructor ,1972-02 **Encyclopedia of World Problems and Human Potential** Union of International Associations,1994 The destruction of wildlife habitats organized crime AIDS illiteracy acid rain these are among the 130 000 topics documented and discussed in the new edition of the Encyclopedia But its truly unique goal is to present this complex set of issues in ways that facilitate an organized response To this end the book also focuses on the complex relationship between problems and society s own ideological relationship with these problems How do human priorities and perceptions aggravate or enable problems What are the established and alternative responses The Encyclopedia contains over 158 000 cross references between entries an extensive 91 000 practical key term index bibliographies and full cross referencing to the Yearbook of International Organizations For anyone concerned with the world community here are the means to explore and participate in today s most crucial endeavors Volume 2 Human Potential Transformation and Values contains 7 700 entries reflecting a spectrum of problem solving approaches based on such human development issues as self learning creativity and modes of awareness The volume also focuses on specific religious beliefs value systems and thought patterns *PC AI* ,1997 **Bowker's Complete Video Directory, 1998** ,1998 **Video Source Book** Gale Group,1999-10-28 A guide to programs currently available on video in the areas of movies entertainment general interest education sports recreation fine arts health science business industry children juvenile how to instruction

The Saturday Evening Post ,1971 *El-Hi Textbooks in Print* ,1982 **Index to Media and Materials for the Mentally Retarded, Specific Learning Disabled, Emotionally Disturbed** National Information Center for Special Education Materials,1978

The Enigmatic Realm of **Magic Of Well Being A Sensory Self Discovery Programme For A Fulfilling Life**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing lacking extraordinary. Within the captivating pages of **Magic Of Well Being A Sensory Self Discovery Programme For A Fulfilling Life** a literary masterpiece penned by a renowned author, readers embark on a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting impact on the hearts and minds of people who partake in its reading experience.

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