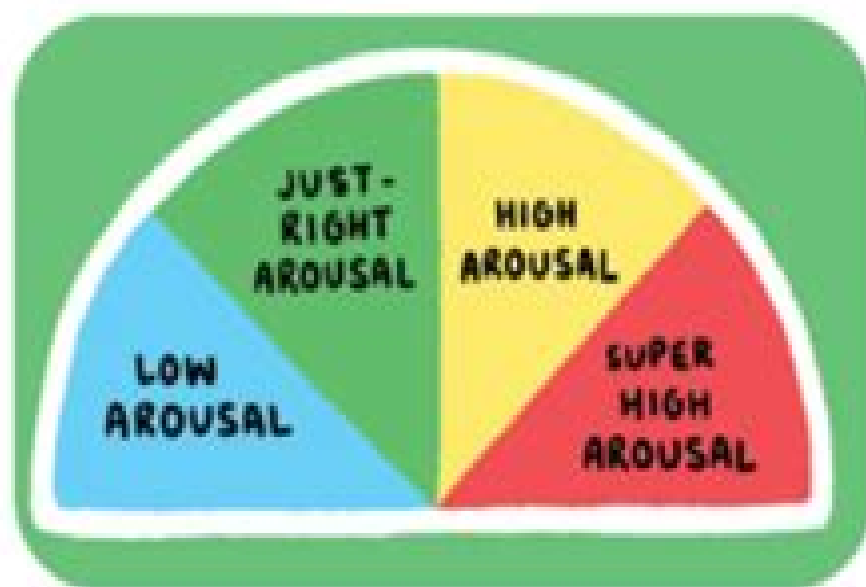


Sensory Self - Care

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

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Judd E. Hollander



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