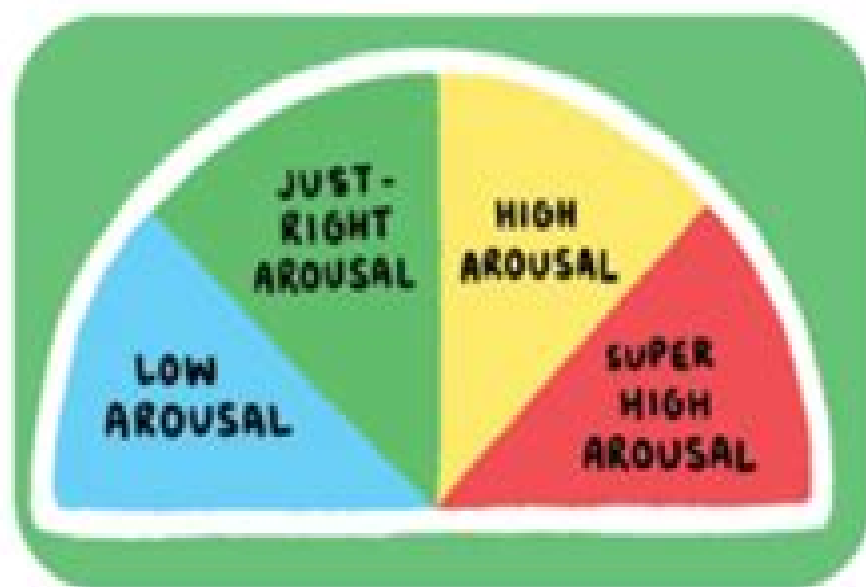


## Sensory Self - Care

## 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

**Sabine Zange**



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