🧰 SENSORY GROUNDING TOOLKIT

Build Your Own Support Kit
From Ashley Russell, EMDR Therapist | emdrbristol.org

💬 Why This Helps

When we're overwhelmed, anxious, numb, or overstimulated, our nervous system needs real, felt experiences of safety.
Engaging the senses — especially **touch, smell, and sound** — helps settle the body faster than thoughts alone.
It's not about "thinking your way out." It's about *feeling your way home.*

🛠️ How to Use This

Use this toolkit whenever you're feeling out of your window of tolerance.
You're aiming to bring your awareness gently into the **present moment**, through your body.

Pick one or two senses to start with — whatever's easiest to access — and try a few items.
You can't get this wrong.

✋ TOUCH

- A warm mug in your hands
- Hand on your chest or belly
- Smooth stone, shell, or soft texture
- A weighted blanket, scarf, or hoodie

Your ideas:

👃 SMELL

- Citrus peel (orange or lemon)
- Lavender oil or pillow spray
- Coffee grounds or tea leaves
- Eucalyptus balm or mint

Your ideas:

SOUND

- White noise or a fan
- Music that calms *or* energises
- Nature sounds — rain, birds, wind
- Humming or singing to yourself

Your ideas:

SIGHT

- Look at something green or growing
- Candle flame (watch the flicker)
- A photo that soothes or inspires
- Fairy lights or soft changing colours

Your ideas:

TASTE

- Strong mint, citrus sweet, or chewing gum
- Ice cube or warm herbal tea
- Something crunchy or sour

Your ideas:

🌿 Ashley's Favourites

Soft hoodie. Chamomile tea. My bergamot scented candle. Birdsong form the birds outside my window. And my warm cat in my lap.
Sensory bliss.

👜 Keep It Handy

Try making a mini sensory kit for your:

- Bag
- Desk
- Therapy space
- Car

The more accessible it is, the more likely you'll use it when things get wobbly.
Think of it like a **first aid kit for your nervous system.**

🖋️ *Created by Ashley Russell, EMDR Therapist | emdrbristol.org*
Feel free to share this with clients, friends, or anyone who needs it — just keep the credit and the care.