

# Sensory Diary

Understanding your senses can help you to be regulated and content. Thinking about how you respond in different situations by writing down how you feel after an event or activity for a few weeks can help you to learn more about your senses.

Fill in the template below after different events or activities throughout a few weeks in order to learn more about your senses. It is also useful to think about the following things.

- Are there any days of the week which cause you difficulty or distress? For example, are you dys-regulated in the same way every Tuesday, think about what might be causing this? Look at your activities and routines on a Monday, Tuesday and Wednesday.
- Note down any activities that calm you. Include before, during and after the activity. For example, are you calm while running? This may be due to the vestibular input. Are you calm when doing tactile activities with a particular material? This could be due to touch and proprioception. Note down the material used in the activities.
- Are there any activities you love to do, but you feel over-stimulated afterwards? It's important to keep a note of how long you can stay regulated for before you start experiencing overload.
- Are there specific foods that calm you? Are they chewy? Hot? Cold? Rough? Smooth? This will help you understand more about the sensations you crave to regulate.
- If you go to different places can you cope in some places and not in others. Are there common factors? Is it noisy? Bright? Crowded? It may not be the venue itself, but the sensory input caused by numbers of people etc.
- Do you notice when you are hungry, thirsty or need the toilet? Or is it a sudden desperate need. You could have poor interoception and have difficulty in feeling your body's cues.

