

Senses and items

You should utilise various aids in managing your symptoms, as they concretise your activities and you can use them to take your focus away from your body and breathing, if needed.



Balls

Try how the ball feels on your palms. Your palms have plenty of trigger points that can be utilised to lightly activate your entire body. Throwing balls in a challenging manner will keep your attention on the present moment. If you do not have a ball at home, you can use a substitute such as balled up socks.



Brushes and whisks

Dry brushing means working your skin surface with a dry brush. The brush should be coarse enough to boost your superficial blood circulation. This will help you clearly feel the boundaries of your body and create a sense of security. Try dry brushing in the evening before going to sleep, for example. There is no need to go through your entire body; working areas such as your arms and chest is enough.



Massage equipment

You can squeeze and massage your large muscles with your hands, but it can be difficult to remember to do so when anxiety sets in. This is why different colourful and attention-grabbing massage aids are a good help. They can remind you to practise and can be used to work your skin in a variety of ways. You should keep these aids in a visible spot at home or at your work station.



Fragrances

Our sense of smell is connected to our emotional and memory centre, for better or worse. For example, you may encounter smells in a crowd of people that remind you of unpleasant experiences. You mask such smells with different fragrances. Citrus and lavender fragrances are particularly calming.



You can apply a dab of essential oil or fragrance on your skin, the edge of your hood, your scarf or your face mask. You can apply Ice Power, Tiger Balm, Temple cream or China Balm on your skin.

Finger exercisers

Finger exercisers are an excellent help with restless hands. You place your fingers in the holes and then open and close your hand. You can utilise other exercise and sports equipment as well.



Acupuncture ring

Work one finger at a time with the ring. Move the ring on your finger calmly while focusing on it. You should watch the ring and its movement. If you want to, you can apply more pressure over the middle joint, as it contains plenty of nerve ends – this will intensify the sensation. The ring is a small and inconspicuous aid that can be used anywhere.



Fidget items

These items are suited to those who need something to do with their hands. The items generate motion, something to focus on and take your attention away from your bodily sensations. The items can be noisy, so they are not necessarily suitable for every place, but they are good for home use at least.



Chilli

Chillies get your endorphins going, making them “mood stabilisers.” The intense flavour and heat are also guaranteed to seize your attention. You can also get intense flavours from hot and sour sweets, wasabi or ginger.



Acupressure mat

Acupressure mats are very versatile items. One way to alleviate anxiety symptoms with one is to place it on a chair and sitting on it while wearing trousers that are as thin or small as possible. If you want to relax, you can lie on your back on the mat for a longer time.



Keys and key holders

Keys and key holders are almost always available. You can feel them with your fingers, focusing your attention on these different sensations.

YouTube video of senses and items

<https://youtu.be/ED02m4CZosE>

