



VACCA
Connected by culture

VICTORIAN ABORIGINAL
CHILD CARE AGENCY

SENSORY SELF-CARE FOR CARERS

You've been amazing in the way you've been looking after children - let's take a few moments to look after ourselves too! Opportunities to look after ourselves are all around us. We don't need to have fancy equipment or spend heaps of money to take a moment to check in with ourselves. Our senses can do that for us just fine!

SMELL

- To calm down: try a soothing scented candle or room spray (Lemon Myrtle).
- To alert yourself: try a stronger scent (Eucalyptus).

SIGHT

- To calm down: try natural or dim lighting and try to look at nature, even if it's just out the window.
- To alert yourself: use bright colours like making the document you're working on coloured and turn on bright lights.

SOUND

- To calm down: listen to some soft, slow instrumental music.
- To alert yourself: listen to some loud, faster-paced music. Sing along as well.

TASTE

- To calm down: suck on a sweet lolly or make a cup of your favourite tea.
- To alert yourself: choose food or drink with strong tastes like peppermint or sour lollies.
- To concentrate: chew gum or eat tougher foods like jerky or dried fruits.

TOUCH

- To calm down: use deep pressure. Put something heavy on your lap or wrap yourself tightly in a blanket.
- To alert yourself: touch something cold like ice and find something to fiddle with like a fiddle toy or even clicking a pen.

MOVEMENT

- To calm down: roll your head from side to side 5 times, do some gentle stretching or go for short a walk
- To alert yourself: to break up paperwork try doing some fast, big movements like 10-20 star jumps or running on the spot every hour.

If you have found these tips helpful or if you'd like to get some tips like these for children please ask your case manager to reach out to the healing team and we can make that happen!