

Sensory-being: Mental Wellbeing for Sensory Beings

Online Workshop Content

Sensory-being is a powerful way to share mindfulness with people for whom verbally guided practice is inaccessible.

Sensory-being supports mental wellbeing and resilience, helping to combat stress, anxiety and depression.

Sharing sensory-being enhances two way communication across barriers of disability and neurodivergence.

Sensory-being can also impact social behaviour and physical health in ways that are especially relevant to people with complex disabilities or neurodivergent conditions.

The workshop is comprised of 6 short films with associated discussion points and activities for you to work through at your own pace. We estimate that you could cram it into two hours or study it in five hours.

The workshop includes:

- An introduction to sensory-being
- An exploration of what objects, sensations, and locations are most likely to inspire sensory-being.
- Step by step guidance for sharing sensory-being.
- Information about interoception and neuroception.
- A look at the implications of polyvagal theory for supporting wellbeing through sensory-being
- The benefits and possibilities of sensory-being with regards to health, wellbeing, communication, emotional regulation, engagement and social behaviour.

Delegates can use social media to interact with the presenter, ask questions and share ideas and insight.



The Sensory Projects