

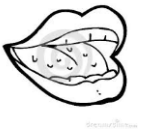




Stigma Handout 2 Six senses

5 senses	Likes & associated positive feelings	Dislikes & associated Negative feelings
See well- E.g. movies/ emails, nature, trees, flowers 		
Hear well- what you are listening to- news music, bird song/ sounds 		
Taste well- E.g. how it make you feel 		
Smell well- evoking positive emotions – E.g. bread, scented things 		
Feel/ touch well- bed sheets, water 		
Rest well- taking time out for self, give yourself a break 