

COUNTER-STIMULATION

When you feel worried or in pain, your brain sends strong signals that can feel overwhelming. Counterstimulation helps by using five senses to send a new, stronger signal to your brain. This distracts your brain by giving it something louder to pay attention to instead of the big feelings or discomfort.

To create a counter-stimulation signal, focus on a sensory input for 3-5 minutes. Closing your eyes may help for senses other than sight.



Sight

- Watch something colorful (e.g., lava lamp or glitter jar)
- Look at favorite photos
- Watch your pets play
- Observe nature



Touch

- Squeeze a stress ball, slime, ice cube, or heat pack
- Lay under a soft/heavy blanket
- Rub hands together to warm them up



Sound

- Listen to your favorite song
- Focus on sound of fan or white noise machine
- Turn on a rhythmic sound



Smell

- Use a scented candle, lotion, or body scrub
- Smell citrus fruits
- Diffuse essential oils



Taste

- Suck on hard candies or mints
- Try frozen or cold fruit/water
- Eat tart, sour, or crunchy foods (e.g., lemon, lime)

