



HEALING WITH JING
LONDON

BUILDING YOUR ENERGY & SELF-CARE TOOLKIT

5-SENSE SOS SELF-CARE LIST

My Emergency Self-Care List

Instructions: When you're feeling overwhelmed, anxious, or low on energy, use your five senses to gently guide yourself back to calm or clarity. Choose 1–2 simple actions for each sense that help you feel more grounded or uplifted.

Example Entry:

- *Taste* : Sip warm herbal tea slowly
- *Sound* : Listen to ocean waves
- *Sight* : Look at favourite family photos
- *Smell* : Inhale a relaxing essential oil
- *Touch* : Wrap up in a warm blanket



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Your 5-Sense SOS List: List 2-3 per sense

Sense	What Helps Me Feel Grounded or Recharged
<i>Sight</i>	1. 2. 3.
<i>Sound</i>	1. 2. 3.
<i>Smell</i>	1. 2. 3.
<i>Taste</i>	1. 2. 3.
<i>Touch</i>	1. 2. 3.

Optional Extra: Create a short routine combining 2-3 of your senses. (e.g. Light a candle + Play soft music + Sip tea before bed)

Closing Reflection Prompt (Optional):

- What did I learn about myself through these exercises?
- What can I keep nearby (physically or mentally) to remind me to use these tools?