

# My little guide to... PROPRIOCEPTION



**A GUIDE TO EXPLAIN WHAT IT IS AND WAYS I  
CAN USE IT TO MAKE ME FEEL GROUNDED.**

# What is proprioception?

We have at least 8 senses...

- Visual (what we can see)
- Auditory (what we can hear)
- Gustatory (what we can taste)
- Olfactory (what we can smell)
- Touch (what we can feel)
- Vestibular (our balance)
- Interoception (notice internal sensations)
- Proprioception (notice our movement)

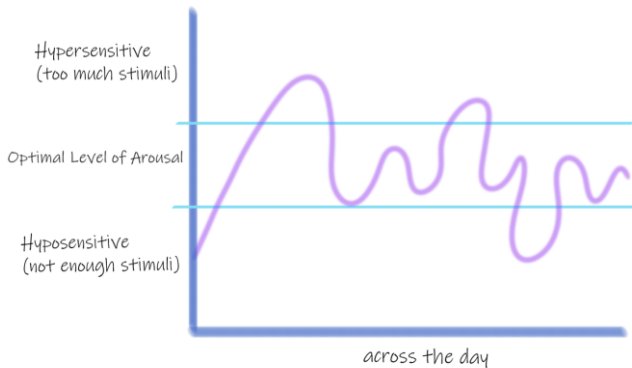
Receptors in our sensory systems throughout our body help us to understand the world around us.

Not everyone's sensory system is wired in the same way...

Sometimes we might need less or more sensory information than other people.



# Optimal Level of Arousal



We use our senses to help us get into the optimal level of arousal, when we are in this zone we can focus, engage, and communicate with others.

If we are experiencing **hypersensitivity**, we can be overwhelmed by too much sensory stimuli, so we need to reduce it.

If we are experiencing **hyposensitivity**, we can feel like we have no energy, we need more sensory stimuli.

# Short cut...

We can bring ourselves into the optimal level of arousal using whichever sense we need more or less of, but sometimes it can be tricky to know which one we need....

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*... luckily there is a short cut –  
proprioception!*

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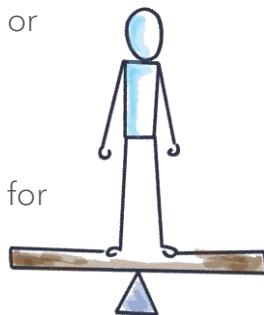
## **Movement**

Proprioception is the sense that helps us to know where our body is. There are receptors in our muscles and joints that help us to know how to sit down, stand up and move around.

## **Calming and alerting**

Doing proprioception activities can help us to calm down when we are hypersensitive or wake up when we are hyposensitive.

So, this guide will give you lots of ideas for proprioceptive activities to help you feel balanced.



# Proprioceptive Activities

## Heavy work



Carrying heavy items like:

- ✓ bringing the shopping in
- ✓ carrying a full backpack
- ✓ using a medicine ball

## Resistance



Thing that you have to push or pull like:

- ✓ using resistance exercise bands
- ✓ pushing against the wall
- ✓ squeezing a 'stress ball' (make sure it's got a lot of resistance)

## Deep pressure



Things that add weight like:

- ✓ A weighted blanket
- ✓ A weighted lap-pad
- ✓ Going for a massage

# More Active...

The ideas on this page are more difficult to do 'in the moment', when you notice you are feeling dysregulated, but adding them to your daily or weekly routine can help you to feel more regulated across the day.

You could:

- ✓ Bounce on the trampoline
- ✓ Go for a bike ride
- ✓ Go for a run
- ✓ Go swimming
- ✓ Sailing
- ✓ Windsurfing
- ✓ Kayaking
- ✓ Paddle boarding
- ✓ Rock climbing
- ✓ Yoga
- ✓ Dance



# If you don't feel 'sporty'...

You could:

- ✓ Do a drawing or painting on a BIG piece of paper, on the wall or on the floor.



- ✓ Gardening - digging, raking up leaves, pushing the wheelbarrow...

- ✓ Create something out of clay or plasticine!
- ✓ Eating something chewy or drinking a thick milkshake through a straw.
- ✓ Arm knitting



We hope this gives you a starting point to understanding proprioception and gives you some ideas to try. There are lots of other ideas out there or you may want to come up with your own.

It can be helpful to have a list or a toolbox of:



- ✓ things that help you feel calm
- ✓ things that help you feel alert
- ✓ activities that you love doing

You could create a timetable or plan of when you can incorporate these activities into each day or across the week.

