



HELPING YOU TO OVERCOME STRESS AND OVERWHELM

Your body receives millions of stimuli from your internal and external environment every second. The way your brain interprets and body responds to stimuli is unique.

**Some stimuli calm you. Some stimulate you.
And some may overwhelm you.**

Greater awareness of how your body and brain responds to triggers and under stressful situations can help you understand your mental health, emotions and behaviour better.

The **Sensory Matrix™** on-line assessment uncovers your personal sensory profile.

Visual Auditory Smell Taste Touch Movement Balance

Through follow up sessions and a trauma-informed approach we can explore sensory strategies, breathwork, and tools to help you feel more resilient. Suitable for ages 12 and upwards.

This could help you

- ♥ feel empowered by understanding yourself better
- ★ gain a language to explain your needs to others
- ♥ anticipate stressors and know what recharges you
- ★ identify tools for your unique emotional regulation
- ♥ take charge of your ability to connect with others, focus and be productive



**Investment: R850 for the initial assessment and
2 insight sessions at R750 (on-line or in-person)**

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