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A BREATH OF FRESH AIR

SWITCHING CIGARETTES TO SENSORY STRATEGIES

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Remember



The last time you got a fright, felt nervous or angry



Key Messages

Cigarette smoking & occupational performance

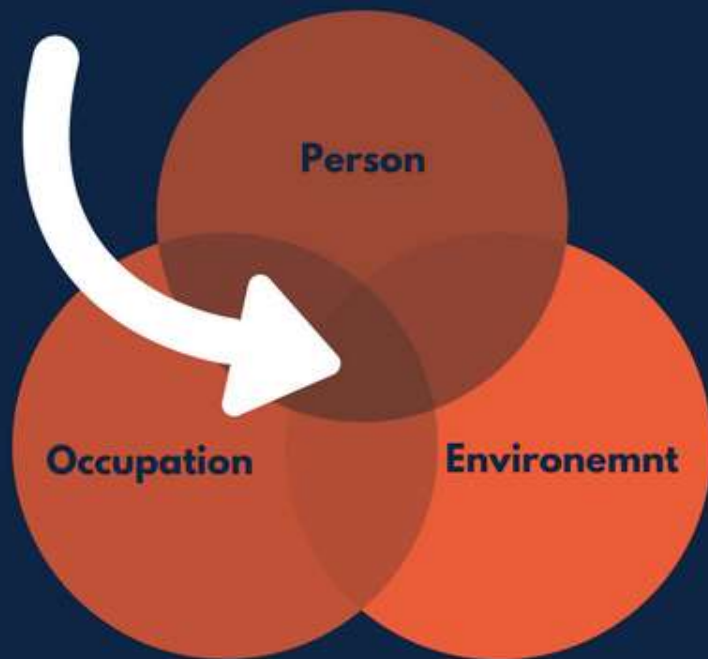
What is sensory modulation?

The influence of arousal levels and cigarette smoking

Switching to sensory strategies

Occupational Performance

The outcome that is associated with the influence of person, occupation and environment.



PERSON

The purpose and meaning behind smoking a cigarette. Motivation. Mental health presentation. Pleasure and reward system.

OCCUPATION

A persons time use. Occupational deprivation. Coping mechanism. Impact and engagement in daily occupations. Productivity, Leisure, Self-care and Rest.

ENVIRONMENT

The environmental context. Physical, Social, Political & Cultural environment. Influence on environmental press.

SENSORY MODULATION

Sensory modulation is something we do all the time. we use our environment (things external to us) to assist us to modify or regulate our mood/feelings/energy levels. Our mood influences our behaviour. it assists us to stay calm or alert depending on our needs at the time.

Arousal Levels

Too High

Just Right

Too Low

CALMING
Sensory Strategies



ALERTING
Sensory Strategies

General Sensory Strategies

CALMING

mild/soft
slow
rhythmic
simple
familiar
expected/predictable
soothing
undemanding
containing POSITIVE
associations

ALERTING

strong/pronounced
fast paced
non-rhythmic
complex
novel
surprising/unpredictable
irritating
demanding
containing NEGATIVE
associations

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