



Lowering the emotional triggers

Central Coast 43694233

There is good evidence that when the person is unwell, or becoming unwell it is helpful to them to deal with their symptom by lowering the emotional temperature or triggers in the house.

Here are some useful ideas:

Lessen all sensory stimulation - All 5 senses

See – reduce number of people, amount of activity, movement & proximity.

Hear- reduce noise level such as music, TV, talking and the number of noises.

Touch – reduce physical contact, including hugs and eye contact. Give space.

Smell - Strong smells can add to the feeling of overload.

Taste - Strong tastes can add to the feeling of overload. E.g.: Going to Erina Fair may be impossible, but buying milk from the local shop may be possible.

Create a physical space to be separate from each other. Time out is very useful for everyone. Agree on an area to be alone and quiet. These areas should have access clearly agreed. E.g.: Bedroom – always knock and get a “come in” before entering.

Talk about non-emotional topics. E.g.: Weather, flowers, view, housework, news items.

Subjects that have an emotional history may trigger overload. If emotional topics arise, then keep the time frame to a minimum, listen respectfully, and then say that you can't talk about that right now, but will in the future. Use time out system.

Keep choices down to a minimum. E.g.: “What do you want for tea?” may be too difficult, but “Are chops and veg OK?” may work well.

As you know your loved one better than everyone else, what other ideas have you found works well?