

# Understanding Sensations and Strategies.

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## Can You Tell which Sentences are True and which are False?

- 1 The nervous system sends information from our brain to our body.
- 2 The nervous system regulates our breathing and heart rate.
- 3 Sensations are different from general feelings and emotions.
- 4 We can only sense things on the outside with our five senses.
- 5 Sensations can only be pleasant or unpleasant, not neutral.
- 6 Recognizing sensations can support the optimal functioning of our nervous system.
- 7 Help Now! Strategies are complicated to learn.
- 8 Help Now! Strategies involve redirecting our attention to other sensations.
- 9 Help Now! Strategies can have a regulating effect on the body within seconds.
- 10 Help Now! Strategies work best when coupled with tracking sensations inside our body.



## Correct Answers

### 1 Correct Answers:

- 1 True
- 2 True
- 3 True
- 4 False - We can also sense things on the inside.
- 5 False - Sensations can be pleasant, unpleasant, or neutral.
- 6 True
- 7 False - Help Now! Strategies are not complicated to learn.
- 8 True
- 9 True
- 10 True