

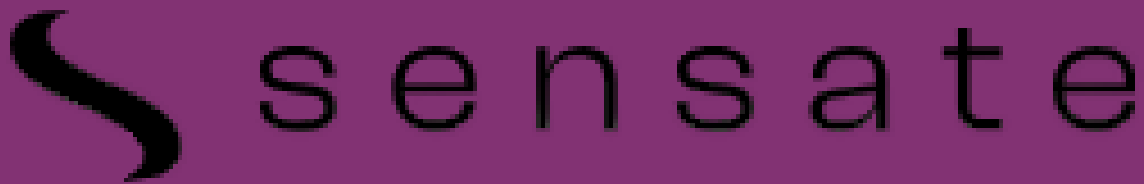


SENSATE

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THE STRESS MANAGEMENT

SOCIETY



For further information, please contact
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Sensate: Supporting Your Nervous System This Stress Awareness Month

As part of Stress Awareness Month, we're working with Sensate to highlight simple, effective ways to support relaxation and recovery.

Get **10%** off Sensate products using code **BETHECHANGE**:

Every purchase made through this link also supports The Stress Management Society, helping to fund ongoing work in stress awareness and mental wellbeing.

[Shop Now with 10% Off](#)

Stress is a natural part of life, but for many of us, it has become constant. Instead of switching on when needed and off when it's not, our stress response can stay activated for longer than it should. Over time, this makes it harder to relax, recover, and feel balanced.

That's why this year's Stress Awareness Month is not just about recognising stress, but about exploring tools that can help us reset and build resilience.

Why does Sensate fit into the conversation around stress?

Sensate is designed to support the body's natural ability to move out of a stress state and back into calm. It works by targeting the vagus nerve, one of the most important pathways connecting the brain and body. The vagus nerve plays a key role in regulating how we respond to stress. It helps shift the body from a "fight or flight" state into a "rest and digest" state, supporting relaxation, recovery, and overall well-being.

When this system is working well, we are better able to manage pressure and return to a balanced state more quickly.

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How Sensate Works?

Sensate uses a combination of sound and gentle infrasonic vibrations placed on the chest. These vibrations travel through the body using natural resonance, helping to signal safety and calm to the nervous system.

The experience is simple and grounding. With guided soundscapes and a steady, calming rhythm, Sensate helps create a moment of pause where the body can begin to settle.

Rather than forcing relaxation, it supports the body in finding its own way back to balance.

The science behind it?

Research into vagus nerve activity shows that supporting this system can have a meaningful impact on how we experience stress.

Studies on Sensate have shown:

- Reduced stress and anxiety
- Improved sleep quality and longer sleep duration
- Faster time to fall asleep
- Increased feelings of wellbeing
- Measurable changes in relaxation-related biomarkers

Even a single 20-minute session has been shown to create noticeable shifts in both how people feel and how the body responds.

Why does this matters for Stress Awareness Month?

Many people focus on managing stress during the day, but recovery is just as important. Creating space for the body to switch off is key to building long-term resilience.

Tools like Sensate can support this process by helping to create intentional moments of calm, whether that's part of an evening wind-down or a reset during a busy day. It's not about replacing the basics like sleep, movement, and routine, but about supporting them in a more structured way.

A small step towards a calmer system

Feeling more balanced rarely comes from one big change. It usually comes from small, consistent actions that support how your body responds to stress.

Whether that's creating a better wind-down routine, taking time to pause during the day, or exploring tools like Sensate, these small shifts can help you feel more grounded over time.

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We provide a range of services across the UK and internationally. We are always happy to discuss how we can support you.

We look forward to supporting your wellbeing journey.

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We have supported many organisations, including:

