

Weighted and Scented Animals

Weighted blankets and animals offer what professionals call “deep pressure touch”. This is like the sensation of being swaddled, hugged or held.

Weighted stuffed animals are great options for youth and adults with anxiety. They can calm our nervous system to make sensory processing easier. They can also help our brain release feel-good chemicals, like dopamine and serotonin.

Some brands of plush animals provide more soothing sensory experiences. This may be through scent, such as lavender, and warmth.

To access this activity's translations, scan this QR code:



Or go to: <https://bit.ly/ocdeweightedanimals>