dare to be the change

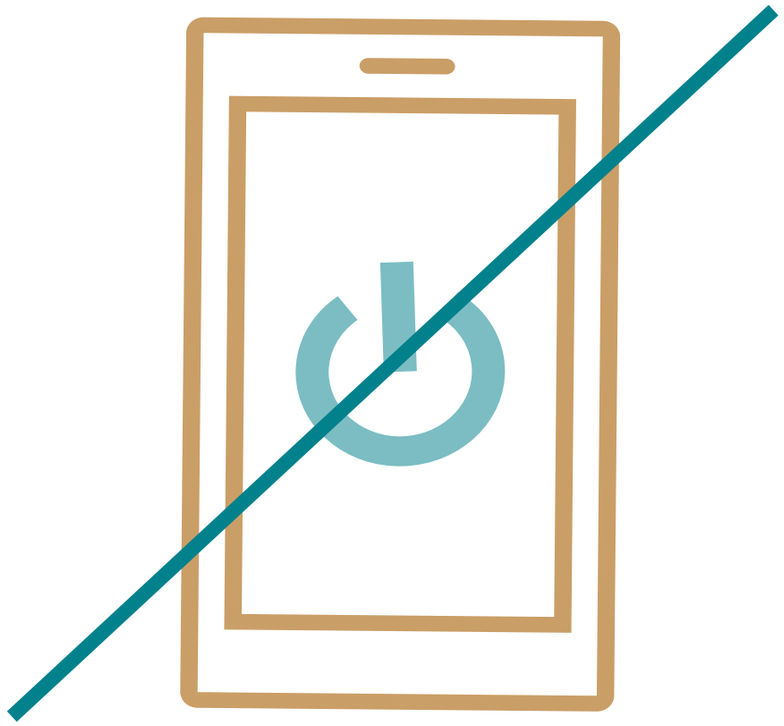
Mathilde Barbier invites you to celebrate Gentleness Day 2026 with:

# Coming Back to our Senses with Gentleness

## Monday 19th January at 5.30 pm(GMT) on zoom

A nurturing and practical webinar exploring how to tap into the energy of gentleness through the senses.

# Before we start ...



# 5 4 3 2 1 Method

# Mathilde Barbier

FOUNDER
dare to be the change
Menopause Wellbeing + Circles
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AWARE | SELF-CARE | DARE

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VOLUNTEER
A Touch of Gentleness CIC
Brighton – Lewes – The Deans and
The Havens

Trainer and Regional Coordinator

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# Today' Intention

"

*"Anxiety comes into the body when gentleness abandons it.*

– Anne Dufourmantelle

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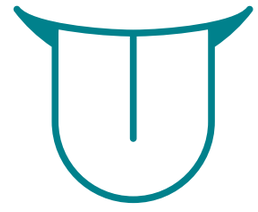


# Sight

# Sight

**All eyes on  the eyes:**

- Can differentiate between 2 and 7.5 million colours
- We only see 1/6 of them
- Become bigger and brighter when happy
- When using screens they are working harder than normal to adjust to the light emitted
- Our body produces 5-10 ounces of tears

# Sight

AWARENESS OF GENTLENESS THROUGH SIGHT  AND LIGHT …

**Which type of light feels gentle to you?**

## SELF-CARE

### Be gentle with your eyes

- ✓ Cover eyes with warm hands, look up down, right left
- ✓ Blink

## DARE TO …

### LOOK FOR gentleness in light

- ✓ Pick your favourite gentle form of light

# Touch

# Touch

**Touching base with the “touch”:**

- It is the first sense that develops in the womb
- The skin is the largest organ in the body
- Touch is fundamental for mental health, communication and connection
- 8 out 12 emotions can be communicated through touch alone

# Touch

AWARENESS OF TOUCH WITH GENTLENESS:

**What can you touch with more gentleness ?**

## SELF-CARE

Gentle touch in action

- ✓ Touch … Take care of your hands:
  Do they feel cold?
  Are they dry?

## DARE TO

FEEL
with gentleness

- ✓ Tune into something you can touch that represents gentleness for you

# Sound

# Sound

**You might not believe your ears …**

- They host the 6 smallest bones in the body
- As you grow older your ears keep growing too
- Ears are as unique just like fingerprints
- They never stop working even when we sleep

# Sound

## AWARENESS OF GENTLENESS THROUGH SOUNDS

**Which sound is gentle to your ears?**

### SELF-CARE

Bring gentleness to your ears

- ✓ Give them some time of silence / cover them
- ✓ Massage your ears

### DARE TO

LISTEN to gentleness

- ✓ Be aware of sounds in your surroundings that convey gentleness to you

# Smell

# Smell

**Follow your nose**

- Each human has their own distinct odour just like fingerprints.
- You can smell fear and disgust
- 75% of emotions are triggered by smell
- One of the most evocative smells from childhood is crayons
- Smell training is better than sudoku for our brain

# Smell

AWARENESS OF GENTLENESS BY FOLLOWING YOUR NOSE

**Which scent  evokes gentleness for you?**

## SELF-CARE

### Be gentle with your nose

- ✓ Feel your nose
- ✓ Enjoy a moment of mindfulness involving smell

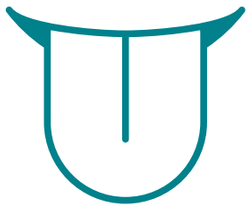
## DARE TO

### Tap into gentle SCENTS

- ✓ Which aroma evokes gentleness for you?

# Taste

# Taste



**Facts on the tongue (no tongue in cheek)**

- The tongue is made of 8 different muscles and used constantly for eating, swallowing, talking
- Your tongue print is unique
- The average adult has between 2,000 and 4,000 taste buds
- You can’t taste well if you can’t smell

# Taste

AWARENESS OF GENTLENESS BY FOLLOWING YOUR SENSE OF TASTE:

**Which taste  immerses you in gentleness?**

## SELF-CARE

### Gentle taste in action

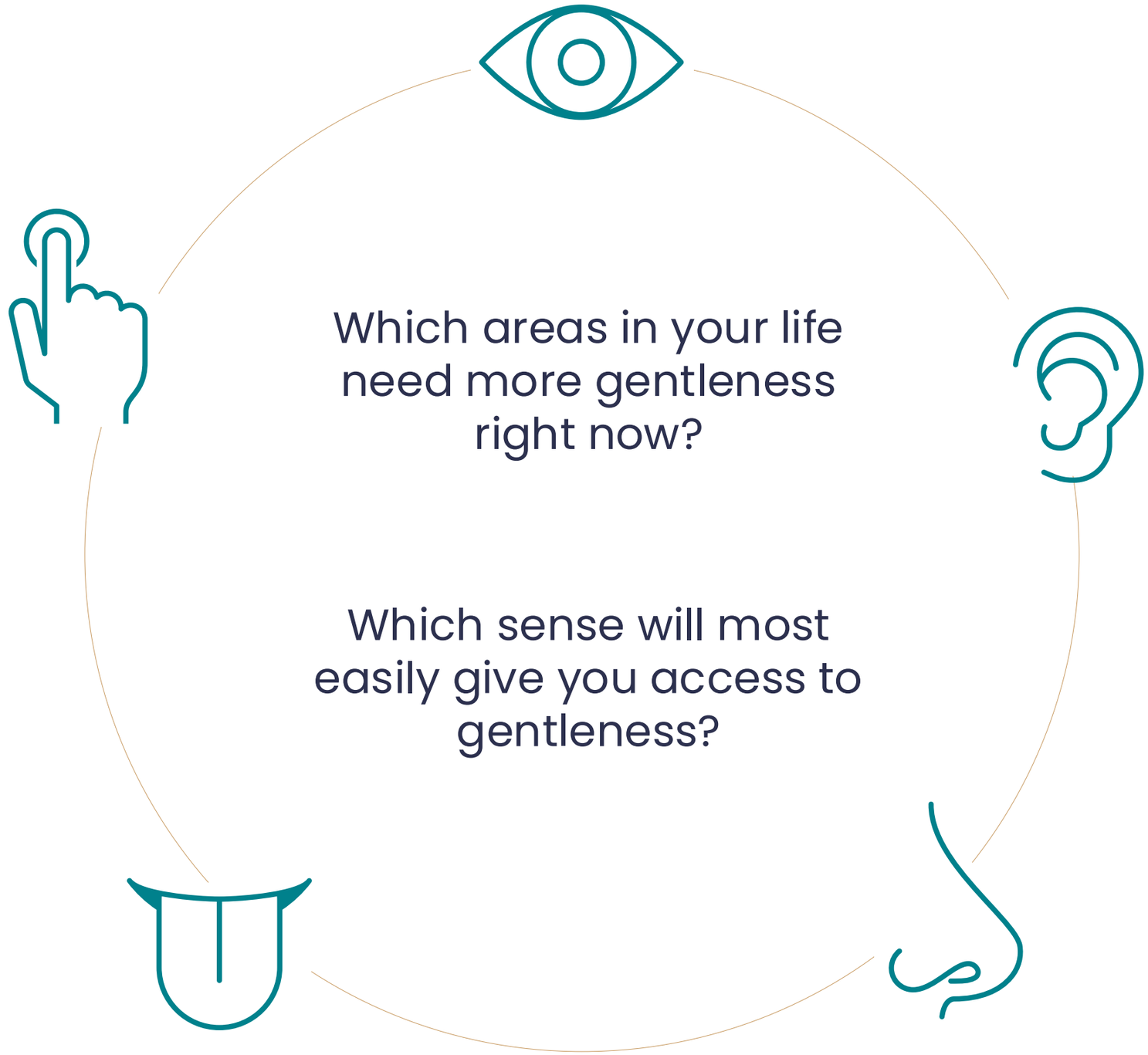
- ✓ Eat slowly, be aware of the flavours of your food
- ✓ Pause and give descriptive words to the taste you are experiencing

## DARE TO

### TASTE gentleness

- ✓ What taste, flavour, texture create a feeling of gentleness within you?

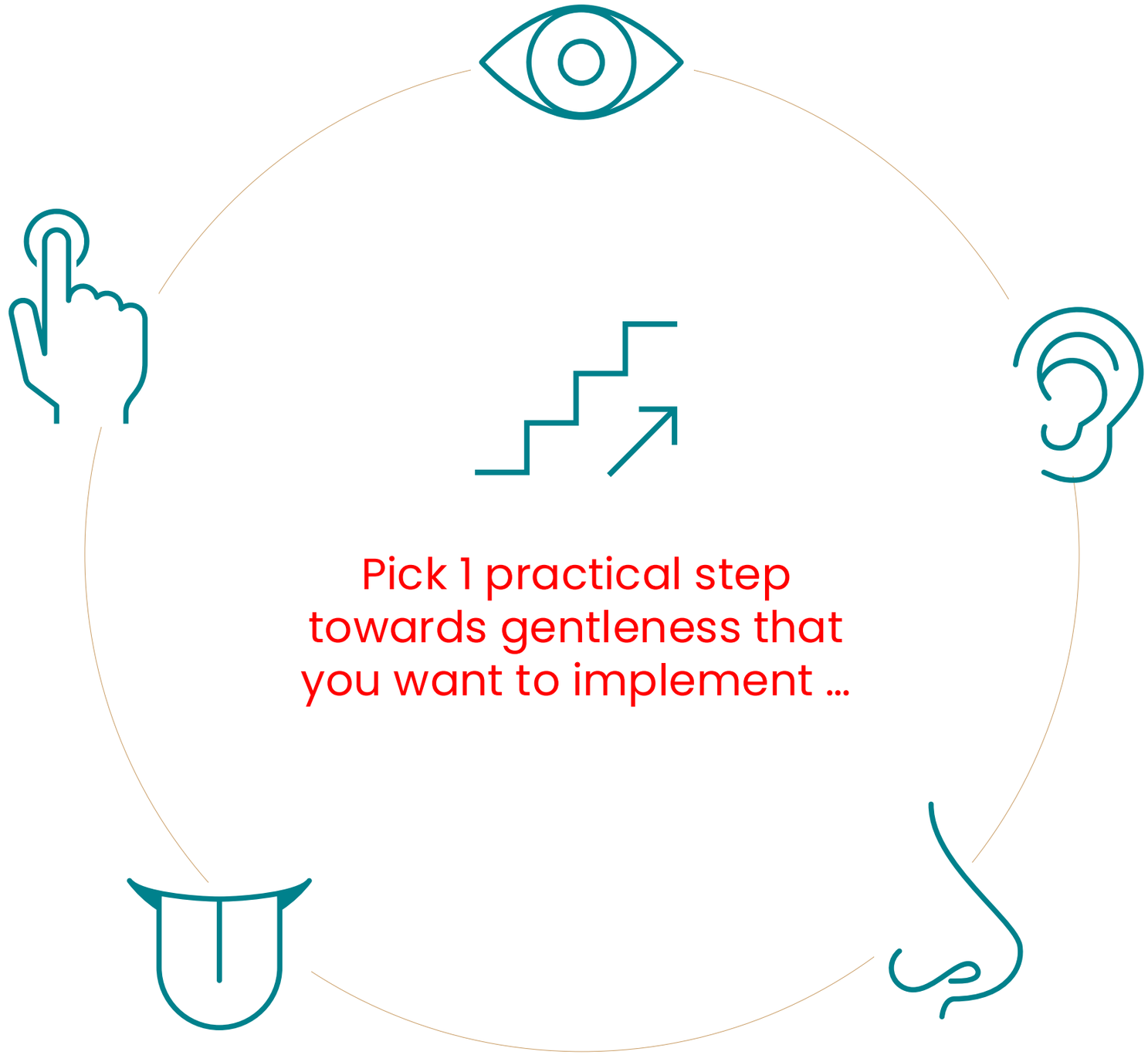
# Over to you ...



Which areas in your life need more gentleness right now?

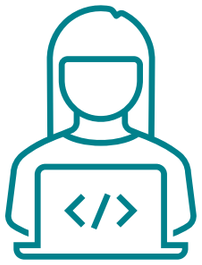
Which sense will most easily give you access to gentleness?

# Taking action ...



Pick 1 practical step
towards gentleness that
you want to implement ...

# What’s next?



Course:

Living Gently no matter what

7 days around the world of gentleness

Self-led online course to cultivate gentleness.

If you are a volunteer for A Touch of Gentleness get in touch for discounted access.

Women Circle of Change:

Monthly Circles

in person in East Sussex

Near Heathfield and Peacehaven

Sign up  to Mathilde’s

Monthly Mindful Musings

# Final Words

*Self-care is giving the world the best of you, instead of what's left of you.*

— Katie Reed

# Thank you ...

## dare to be the change

you want to see
in your organisation,
family,
community
and life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Mathilde Barbier