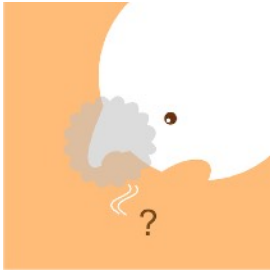


## Some tips

Here's help with some common pitfalls when you are smell training:

It's easy to get distracted while you are trying to smell train. This is normal and happens a lot, so don't worry about it too much. If you feel your thoughts wandering, just tell yourself that this is OK, and that you want to return to the idea of smell training. Learning to stay focussed is a challenge, but you should feel confident that this is something you can do with practice. It may not happen immediately but **you should improve in time**.

It might help to visualise a lemon, for instance, while you are smell training with lemon. Think about the lemon, and then switch your attention to the perception you have. Ask yourself "what is this like? What kind of smell message am I receiving?" Then find your answer. It might be something like "I can smell something, and it is not like lemon. But it is **something**. This something is..." and try to find ways to describe it to yourself. Use whatever language you find helpful. You might try using words like "soft", or "sharp". Maybe the smell could be thought of as a sound. Is it a high note? Is it low? Or maybe the smell experience has a colour. Everyone's experience of smell is different. **Try to explore the smell in as many ways as you can.**



**Smell training is a commitment and it takes time.** You will need to train for a minimum of four months, twice a day. Think of it as physiotherapy for your nose. The brain can rewire itself, but this is a slow process.

Self-care in the form of smell training and looking after the health of your nose is one of the most important things you can do for yourself to aid your recovery. Good luck!

### Contact details

E: [info@abscent.org](mailto:info@abscent.org) • W: [abscent.org](http://abscent.org)

AbScent is a charity registered in

England and Wales No 1183468

Registered Office: Stockbridge House,

High Street, Stockbridge, Hampshire SO20 6EX



## Smell Training

A therapeutic technique for people with smell loss

If you're recovering from losing your sense of smell, here's some help.

In a recent overview of studies on smell training in a research setting, this technique was shown to be "a promising modality for the treatment of olfactory dysfunction". Smell training is of most benefit to those who have post-infectious smell loss, but it is also recommended for those with head injuries.

**abScent**

## The three pillars of smell training:

### Assess, Train, and Take Note

**Step 1:** Find out where your sense of smell is today. Use the AbScent **self-assessment** form, which you can find here: <https://abscent.org/resources/downloads.pdf>. You won't know if you are improving if you don't mark where you've started.

**Step 2:** Smell Train. You'll find out more about this below.

**Step 3:** Use the table to **take note of** your experiences.

### Your Smell Training Kit

You'll need to get some smell training materials together first. You can easily make your own kit by following the instructions here: <https://abscent.org/resources/downloads>. You can also purchase kits through the shop: <https://abscent.org/kits-sessions>.

### Method

- Find somewhere quiet to sit. You will need to concentrate on what you are doing.
- Uncap one jar and hold it close to your nose. Experiment with short sniffs. Concentrate on what you might be smelling. Try not to be distracted. "Look" for the smell in whatever you are experiencing. Try not to judge. Just be with the smell.
- You should train with each jar for 20-30 seconds. When you are finished, close the jar. Breath normally for another 30 seconds, then move on to the next jar.

### Take note

Once every few weeks, make some notes about your observations and record them on the opposite page, scoring from 0 - 5.

**Strength:** 0 = can't smell at all, 5 = it smells as strong as normal

**Likeness:** 0 = the smell is unrecognisable, 5 = it smells "true"

**Comment:** Write down any thoughts that come to mind.



	Date: (example 1/1/19)	Date	Date	Date	Date	Date
Lemon Strength	2					
Lemon Likeness	0					
Lemon Comment	<i>Can smell something sharp</i>					
Rose Strength	0					
Rose Likeness	0					
Rose Comment	<i>Can't smell at all</i>					
Clove Strength	4					
Clove Likeness	2					
Clove Comment	<i>Really unpleasant</i>					
Eucalyptus Strength	5					
Eucalyptus Likeness	1					
Eucalyptus Comment	<i>Super sharp, like an assault</i>					
Well-being	1					