

WAYS TO REGULATE



COGNITIVELY



- Look for a "should" thought and challenge it
- Affirm you CAN do this
- Remember your track record for getting through hard days is 100%
- Remember your bigger goal
- Find 5-10 things to be grateful for
- Welcome the messages your feelings have for you
- Talk to someone with shared values - to verbally co regulate - not quite the same as venting
- Black journal to get it out, then destroy it

SOMATICALLY



- Ground your feet into the earth.
- Tap your chest, head, or alternating shoulders.
- Shake it off - literally.
- Walk or run through it.
- Use heat or cold to come into your body.
- Breathe deep into your belly through your nose, hold the pause, then exhale.
- Yoga and/or Qi Gong
- Notice where your feelings are held in your body
- Lay down and rest/sleep - scan down/up each body part

SENSORY SYSTEMS



AUDITORY



- Flare Audio ear inserts and Loop ear Plugs
- Listen to soothing music
- Noise cancelling Headphones
- Plug hears and hum
- Shower and plug ears w water running on head
- Rain Stick, or storm sounds
- Play a comedy or uplifting video

GUSTATORY



- Suck on a hard candy
- Chew gum
- Drink a cold drink
- Sip a hot drink
- A little honey or a chocolate you suck away (sugar dissolved on the tongue gives a small hit of dopamine)
- Eat! Low blood sugar is very activating.

OLFACTORY



- Use an essential oil under the nose to override overwhelming smells.
- Tie a bandana round the face/nose.
- Diffuse child-safe blends for soothing.
- Play with a soothing scented slime or playdough
- Scented bath or lotion

VISUAL



- Visualize a peaceful location where you feel safe.
- Visualize yourself as a child - tell them you're safe now.
- Visualize your child as a baby, when it was so easy to pour warmth into them.
- Look at real, paintings, photos, or video of water or greenery.
- Look far out on the horizon

TACTILE



- Use tickle back sensation
- Use deep pressure massage
- Rub a super soft material
- Pet a dog/cat/stuffy
- Run fingers over a bumpy surface
- Walk on the grass and feel each sensation
- Pinch playdough or kinetic sand or slime.

VESTIBULAR



- Spin in circles
- Swing on the swings
- Roll on a yoga ball - upside down
- Twirl and dance
- Rock on a rocking chair
- Slide down the slide
- Hang in a hammock
- Dangle from pullup bar
- Sway with eyes closed

PROPRIOCEPTION



- Push against someone's hands
- Jump hard or jump rope
- Weighted vest or blanket
- Push a heavy box
- Play tug of war
- Wrap tightly in a blanket
- Garden/dig
- Climb a tree
- Squish w pillow or stuffies

INTEROCEPTION



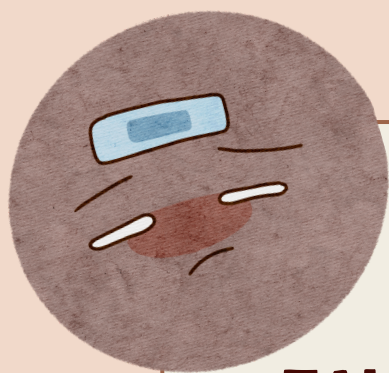
- The somatic tools
- Use hot and cold to notice sensations
- Label the level of activation - "My lava is at a level 8"
- Notice thirst as you drink and feel satisfied.
- Notice hunger as you eat and feel better.





HOW TO PRACTICE

MINDFULNESS



TAKE A SEAT

Find a place to sit that feels calm and quiet to you.

SET A TIME LIMIT

If you're just beginning, it can help to choose a short time, such as 5 or 10 minutes.

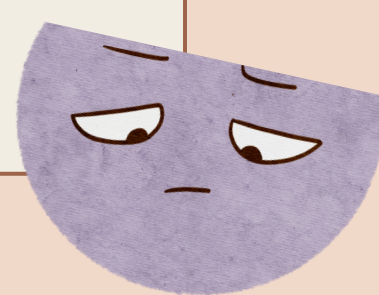


NOTICE YOUR BODY

You can sit wherever you want. Just make sure you are stable and in a position you can stay in for a while.

FEEL YOUR BREATH

Follow the sensation of your breath as it goes out and as it goes in.



NOTICE WHEN YOUR MIND HAS WANDERED

When you get around to noticing this, simply return your attention to the breath.

BE KIND TO YOUR WANDERING MIND

Don't judge yourself or obsess over the content of the thoughts you find yourself lost in. Just come back.

