

## Self-Regulation Strategies

<p><b>BODY:</b> Soften</p> <p>Soften your face, mouth, jaw, tongue, shoulders, back.</p>	<p><b>BODY:</b> Orient to one of the five senses</p> <p>Sounds, light, color, scents, taste something or touch something that has a soothing texture.</p>	<p><b>BODY:</b> Self-soothing touch</p> <p>Put your hand on your heart, give yourself a shoulder massage, run your hand through your hair, rub your thighs, rub your feet back and forth on the floor, etc.</p>	<p><b>BODY:</b> Breath</p> <p>Focus on three breaths following each inhale and exhale.</p> <p>Attend to a long slow exhale to the bottom of the breath.</p>
<p><b>HEART:</b> Wishes for Well-being</p> <p>Express a wish for the well-being of yourself or others: “May I feel peace.” “May she feel love.” Etc.</p>	<p><b>HEART:</b> Sing a soothing song silently or aloud.</p>	<p><b>HEART:</b> Love</p> <p>Bring to your awareness someone you love easily and feel your love for them.</p>	<p><b>HEART:</b> Smile</p> <p>Bring a smile to your lips, in the middle of your forehead, your heart, and your abdomen.</p>
<p><b>MIND:</b> Visualize something that immediately brings a sense of peace and calm.</p>	<p><b>MIND:</b> Name parts of experience: thoughts, feelings, needs, impulses, etc.</p>	<p><b>MIND:</b> Repeat a mantra or meaningful phrase.</p>	<p><b>MIND:</b> Ask yourself a question that directs you to your values. “What is really most important right now?”</p>
<p><b>ENERGY:</b> Imagine your energy extending out beyond your body.</p>	<p><b>ENERGY:</b> Attend to energy flowing through the soles of your feet into the earth.</p>	<p><b>ENERGY:</b> Attend the flow of energy from your crown down your center line to your root.</p>	<p><b>ENERGY:</b> Cup your hands together and attend to the energy flowing between your palms.</p>



### EXERCISE: On your own: Pause Frequently to Regulate

Choose a self-regulation strategy from the table above or one you already have that is effective. Choose one that will most effectively interrupt a habitual way you contract or stimulate tension for yourself. Then define a reminder to pause (alarm, association with a meal or a regular activity...) and engage the chosen strategy several times a day.