

# SELF-REGULATION PRACTICES

For each of the self-regulation practices demonstrated, not all may feel comfortable. Try them out and see which one(s) work best for your body.

## **Sternum rub/taps**

Place knuckles of closed fist on sternum. Gently rub up and down while keeping contact with the skin, but not moving on the skin. Gentle taps with fingertips on and/or around sternum is an alternative.

## **Taps behind ears**

Find the little "divot" above the jawbone, just behind the earlobe. Place one fingertip in that spot and tap or rub gently.

## **Look right and left**

Keeping the head in a fixed, forward-facing position, move eyes only to look to the right. Move them back to center. Move them to look left, and then back to center. Do this several times.

## **Self bear hug**

Wrap arms around the torso as tight as is possible and comfortable. Give a gentle squeeze and hold for several seconds. Reduce pressure and repeat as necessary.

## **Belly breaths**

Take deep breaths in through the nose aiming to fill your lungs right to the bottom. Hold a few seconds before releasing slowly through the mouth. It may be helpful to place a hand on your stomach and aim to feel it rise.

## **5 Senses check-in**

If possible and comfortable, place feet on ground and close your eyes. Breathe in through the nose and out through the mouth while intentionally paying attention to what you can see, hear, smell, taste, and feel.

## **Other techniques/practices/notes:**