

Mindfulness & Regulation Strategies

Recognizing when you are feeling 'off' until more significant signs of dysregulation, stress, or exhaustion is a common experience for neurodivergent people.

Consider the checklist on the left, for signs that may mean you need to recharge and/or increase regulation strategies (located on the right).

Signs/Symptoms:

(Check all that apply to you)

- Increased sensory sensitivity and/or overwhelm
- Increased masking and camouflaging
(suppressing authentic traits)
- Increased difficulty with routines & transitions
- Increased food avoidance, food stimming and/or eating past comfortable fullness
- Increased difficulty regulating emotions and/or emotional hyperarousal
- Loss of basic self-care skills and/or increase in mental, emotional & physical fatigue
- Decreased working memory, decreased ability in directing focus, & thinking
- Increased difficulty initiating tasks and/or perception of time

This list of signs & symptoms should be considered in comparison to your typical baseline.

Regulation Strategies & Self Care:

- Seek out or decrease sensory stimuli (see below)
- Decrease masking if possible & safe to do so
- Increase time spent doing interests
- Connect with a friend or recharge alone without guilt
- Find a pause (see below for more)
- Move your body (walking, dancing, yoga, swimming, etc.) and/or stim
- Drink water, eat food, & sleep
- Increase time in nature



What other strategies can you add?

Seek out sensory stimuli:

Swinging, dancing, resistance training, jogging, rocking, jumping, etc.
Watching or listening to something repetitive, using words repetitively
Using a heavy blanket, pressure hugs, fidget toys

Decrease sensory stimuli:

Using sound reducing earplugs/headphones
Take a bath
Use sunglasses & reduce visual stimuli
Wear comfortable clothing that decreases sensory demand

Find a pause

When we can access a pause, we can filter in awareness, consciousness, and mindfulness. These ways of being can help us regulate emotions and not play into our conditioning, as well as act in ways that are based in our unconscious or trauma. To access a pause, try putting your feet up the wall, cross your arms and tap bilaterally, dance, stand on one leg, take 5 deep breaths, and more.