

# Ways to Regulate Your Nervous System



## Validate the Way You Are Feeling

Your nervous system is activated for a reason and you are probably experiencing emotions for a specific reason. Even if it doesn't fully make sense, validate your nervous system for trying to warn you or protect you in some way. Validate yourself for how you are feeling. No matter what it is, it's ok.



## Jump Up and Down

When we are in a state of fight-flight-freeze our nervous system is overly activated and can "collect energy." Jumping up and down can help release this energy and help us move into a more relaxed response.

- Literally jump up and down
- Do jumping jacks
- Jump on a trampoline
- Shake your arms and legs. You can even shake your body if it feels good



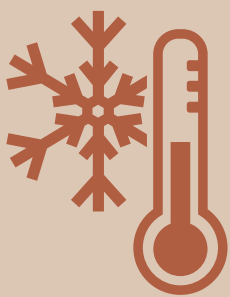
## "Sigh" Breathing

- Take a big breath in through your nose
- At the very top of the breath try to breathe in a little more
- Sigh out loud as you exhale
- Do this at least 3 times



## Butterfly Hug

- Cross your hands over your collarbone and let your thumbs link
- Tap your fingers on your chest with the right hand and then the left
- Keep tapping back and forth



## Cold Therapy

Using cold can help stimulate the vagus nerve which helps us transition into a more relaxed state. You can do this by:

- Taking a cold shower
- Submerging your hands in ice water
- Taking an ice pack and placing it in the center of your chest/sternum
- Submerging your face in cold water



## Grounding Skills

- Pick a color and find five objects around you that are that color
- 5 things you see, 4 things you can touch, 3 things you can hear, 2 things you can smell, and 1 thing you can taste
- Pick a letter of the alphabet and think of all the words you can that start with that letter.