

# 13 Healthy Habits & Strategies to Help Youth Stay Regulated



Small daily habits can make a big difference in how youth feel, think, and cope.

## 1 PROTECT SLEEP



A steady sleep routine helps mood, focus, and stress recovery. Most youth regulate better when they get enough sleep.

## 2 MOVE YOUR BODY



Walking, sports, stretching, dancing, or working out can lower stress and help release built up energy.

## 3 EAT REGULARLY



Regular meals and snacks, plus enough water, help with energy, focus, and mood stability.

## 4 BUILD A PREDICTABLE ROUTINE



Knowing what the day looks like can reduce overwhelm and make school, home, and transitions easier.

- ✓ School
- ✓ Homework
- ✓ Activities
- ✓ Me Time

## 5 TAKE SOCIAL MEDIA BREAKS



Too much scrolling can increase comparison, stress, and overload. Short breaks can help your brain reset.

GOOD THINGS HAPPEN OFFLINE

## 6 PRACTICE BREATHING & MINDFULNESS



Slow breathing, grounding, or mindfulness can help calm the nervous system when emotions start to spike.

## 7 MAKE TIME TO DECOMPRESS



Quiet time after school, breaks between activities, or low demand time can help youth recover before they crash out.

## 8 USE MUSIC & SENSORY SUPPORTS



Headphones, music, fidgets, hoodies, or a calm space can make regulation easier.

## 9 BREAK TASKS INTO STEPS



Big jobs feel easier when they are broken into smaller steps. This can reduce shutdown and procrastination.

- ✓ 1. Plan
- ✓ 2. Do a bit
- ✓ 3. Keep going
- ✓ 4. Celebrate!

## 10 STAY CONNECTED



Supportive friends, family, coaches, teachers, and other trusted adults can buffer stress and help youth feel less alone.

## 11 GET OUTSIDE



Fresh air, daylight, and time outdoors can help with stress, energy, and emotional reset.

## 12 JOURNAL OR NAME IT



Writing things out or naming feelings can help youth understand what is going on inside instead of holding it all in.

My Thoughts  
My Feelings  
My Progress

## 13 ASK FOR HELP EARLY



Reaching out before things pile up can make a hard situation more manageable. Support is a strength.

It's OK to ask for help

**Dysregulation is a signal, not a choice.**

Support first. Skills second.

**Want to know more?**

Visit [leanneatkinson.ca](http://leanneatkinson.ca)

Kind  
Brave  
Capable  
You Got This