

Nervous System Regulation Toolkit

QUICK RESET

When overwhelmed, keep it simple:

1. Deep breath (long exhale)
2. Drop your shoulders
3. Look around (name three things that are... blue)
4. Remind yourself: "I'm OK right now."
5. Remind yourself: "Feelings are temporary."

WHEN YOU FEEL OKAY

Practice these daily:

- Practice breathing exercises daily
- Use the Peaceful Place twice each day
- Move your body (walk, stretch, yoga)
- Connect with safe people
- Reflect: "What helped me today?"
- Reflect: "What is one thing I'm grateful for today?"

WHEN YOU FEEL ANXIOUS, PANICKED, OR OVERWHELMED

Body-Based Calming

- **Melt shoulders + 2 deep breaths**
→ Use when: holding tension without realizing it
- **Hand on heart + slow, controlled breathing**
→ Use when: you need immediate grounding
- **[Physiological sigh](#) (2 inhales + long exhale)**
→ Use when: breathing feels tight or shallow

Nervous System Regulation

- **Peaceful Place visualization**
→ Use when: you need an internal sense of safety
- **[Butterfly hug](#) (bilateral tapping)**
→ Use when: emotions feel intense or flooding
- **Vagus nerve reset (eyes to the far left, and hold; then right, and hold)**
→ Use when: anxiety feels “stuck” in the body
- **Orienting (look around, name what’s safe)**
→ Use when: you feel unsafe but aren’t in danger

Mind-Based Tools

- **Name it to tame it (“This is anxiety”)**
→ Use when: emotions feel confusing or overwhelming
- **Thought labeling (“I’m having a worry thought”)**
→ Use when: your mind is racing
- **Reassurance (“Feelings are temporary”)**
→ Use when: panic feels permanent

WHEN YOU FEEL NUMB, STUCK, OR DISCONNECTED

Activation Tools

- **Cold water on face or hands**
→ Use when: feeling foggy or dissociated
- **Stand up + move (walk, stretch, shake)**
→ Use when: stuck or immobilized
- **Change environment (step outside, new room)**
→ Use when: feeling mentally “trapped”

Body Reconnection

- **Press feet into the ground**
→ Use when: feeling floaty or unreal
- **Engage senses (touch, smell, sound)**
→ Use when: disconnected from surroundings

Gentle Expression

- **Voice note or say feelings out loud**
→ Use when: emotions feel blocked
- **JournalSpeak / free writing**
→ Use when: you feel shut down but something is there

WHEN EMOTIONS NEED RELEASE

- **FasterEFT / tapping**
→ Use when: emotions feel stuck or repetitive
- **Write + tear paper / unsent letters**
→ Use when: holding in unspoken feelings
- **Emotional check-in (“What do I feel? What do I need?”)**
→ Use when: unsure what’s going on internally