

DAILY COPING SKILL PRACTICES TO SUPPORT REGULATION

TENSION RELEASERS

1. Move; jump, stomp, run, walk, bike, lift weights
2. Yell; into a pillow, in your mind, in a private space
3. Punch a pillow or bean bag
4. Take a warm shower; wash away the discomfort
5. Change your temperature; drink cold water, hold an ice pack
6. Cry; release the energy through your tears
7. Laugh; change the channel and watch or listen to something that is playful
8. Listen to music to support metabolizing what you are feeling and as a grounding tool to shift back into the moment

PHYSICAL/ SOMATIC INPUT

1. Maintain restorative sleep through healthy sleep hygiene
2. Butterfly tapping to ground and regulate
3. Practice deep, slow, diaphragmatic breathing: color breathing, infinity breathing, physiological sigh, square breathing
4. Fuel your body with nutrient rich foods
5. Grounding exercises:
 - a. Feel your feet and your seat
 - b. Notice a color in the room
 - c. 5,4,3,2,1 (Name 5 things you see, 4 things you feel, 3 things you hear, 2 things you smell, 1 thing you taste)
6. Create daily rhythms to book end with morning and nighttime rituals
7. Eat an energizing snack
8. Drink 60-72 oz of water daily
9. Soak in the natural sunlight, this helps to maintain our circadian rhythm and can elevate our mood
10. Stretch, shake out tension or stress as you release the energy through your breath
11. Limit caffeine intake if this is upregulating to your system (gives you the jitters instead of feeling calm)
12. Limit your alcohol intake; when alcohol becomes metabolized, it can cause increased anxiety, sleep disruption, agitation, and disorganization
13. Try to move your body for 20 minutes each day
14. Dance; in your home, office, car, let yourself have fun!
15. Get a massage
16. Take a warm shower and 'wash' away the stress
17. Slowly tap in coping moments when you notice returning to your window (slow tapping/ slow eye tracking back and forth strengthens the adaptive, new neural networks you are growing)

MINDFULLY SHIFTING YOUR ATTENTION

1. Utilize guided meditations through in -person groups or apps: Insight Timer, Headspace, Calm, Breethe, Balance
2. Notice how you are moving and how much energy you are putting into your movement. Are you holding tension, moving fast, gripping objects firmly? Notice what it feels like to soften your form and move more gently throughout your day
3. Create: write, draw, paint, photograph
4. Play an instrument, sing, dance, act
5. Garden or be in nature
6. Take a walk or go for a drive
7. Watch television or a movie that captures the energy you are wanting to surround yourself with
8. Play a game
9. Begin or resume a puzzle
10. Clean or organize your environment
11. Decorate or change up your space; refreshing our environment can be a powerful reset
12. Read
13. Take a break, recharge, go to a different space than the one you are currently in

REGULATING THROUGH CONNECTION

1. Pause, close your eyes, scan your body and notice what it wants you to know
2. Talk to someone you trust; name what happened, what you are feeling and what you are needing
3. Use assertive communication to express feelings, needs, and wants
4. Set boundaries and say "no" when you feel uncomfortable or overcommitted
5. Schedule time for yourself
6. Connect with nature
7. Play or snuggle with a pet
8. Write a note or send a text to someone you care about
9. Laugh with someone
10. Call a loved one
11. Role-play a challenging situation with someone you trust
12. Join a group (social, club, team, spiritual, mindful or therapeutic group)
13. Get involved in a cause that fulfills and inspires you
14. Drop some involvement: saying no to something means you are saying yes to something else. Notice what that yes is and the need it is fulfilling

REFLECTIVE & ORGANIZATIONAL WAYS TO REGULATE

1. Practice daily gratitude; identify moments of gratefulness, glimmers and proud moments
2. Journal

3. Make a weekly schedule that breaks down due dates, tasks, and highlights commitments with tools such as Google Calendar, Skylight or a paper calendar
4. Prioritize important tasks, appointments, and commitments
5. Shift your expectations of the situation so you can be flexible and open
6. Hold onto an inspirational quote that you can revisit throughout the day
7. Utilize a daily affirmation i.e. 'I have the power to pause'
8. Practice flexible thinking
9. Write a list of goals, short term and long term
10. Start a new class
11. Practice the option action (i.e., impulse to yell becomes pausing and taking a breath instead)
12. Write a list of pros and cons for a difficult decision
13. Brainstorm possible solutions to your identified problem
14. Write a list of I am statements "I am courageous" "I am kind", "I am enough", "I am important and so are my words"
15. Practice a growth mindset: thinking that is based in truth, while also being helpful
 - a. Fixed Mindset: "Times up. I've messed up and it's too late."
 - b. Growth Mindset: "Wow, I'm really feeling this urgency of time. I'm learning to trust there is no set time on repairing, growing and healing."

SPIRITUAL & ENERGY WORK

1. Lean into prayer if you practice
2. Practice yoga
3. Holistic health: receiving acupuncture, chiropractic care, cranial sacral therapy, myofascial therapy, reiki
4. Prioritize pace by slowing down to be mindful
5. Listen to guided meditations or meaningful podcasts
6. Daily angel card practice: a practice that believes the card you choose each morning is energetically meant to be a needed intention and reminder throughout your day

PLEASE REMEMBER

Be gentle with yourselves. Our self-talk and the way we meet ourselves in hard moments changes everything. Show up with self- compassion and trust that this mindful way of being, will keep us growing, learning, open, authentic, and thriving.