

Self-Regulation Strategies

<p>BODY: Soften</p> <p>Soften your face, mouth, jaw, tongue, shoulders, back</p>	<p>BODY: Orient to one of the five senses</p> <p>Sounds, light, color, scents, taste something or touch something that has a soothing texture</p>	<p>BODY: Self-soothing touch</p> <p>put your hand on your heart, give yourself a shoulder massage, run your hand through your hair, rub your thighs, rub your feet back and forth on the floor, etc.</p>	<p>BODY: Breath</p> <p>Focus on three breaths following each inhale and exhale</p> <p>Attend to a long slow exhale to the bottom of the breath</p>
<p>HEART: Wishes for Well-being</p> <p>Express a wish for the well-being of yourself or others: May I feel peace. May she feel love. etc.</p>	<p>HEART: Sing a soothing song silently or aloud</p>	<p>HEART: Love</p> <p>Bring to your awareness someone you love easily and feel your love for them</p>	<p>HEART: Smile</p> <p>Bring a smile to your lips, in the middle of your forehead, your heart, and your abdomen.</p>
<p>MIND: Visualize something that immediately brings a sense of peace and calm.</p>	<p>MIND: Name parts of experience: thoughts, feelings, needs, impulses, etc.</p>	<p>MIND: Repeat a mantra or meaningful phrase.</p>	<p>MIND: Ask yourself a question that directs you to your values. "What is really most important right now?"</p>
<p>ENERGY: imagine your energy extending out beyond your body.</p>	<p>ENERGY: Attend to energy flowing through the soles of your feet into the earth.</p>	<p>ENERGY: Attend the flow of energy from your crown down your center line to your root.</p>	<p>ENERGY: Cup your hands together and attend to the energy flowing between your palms.</p>